

City's Communities Celebrate Opening of T-Third Line



Muni's T-Third light rail line began regular weekday service along Bayshore Boulevard and Third Street on Apr. 7.

After a week plagued with numerous train delays, mechanical breakdowns and system glitches following commencement of daily service, day-long festivities on Apr. 14 officially celebrated the opening of the T-Third light rail line.

City officials and community leaders were joined by Speaker Nancy Pelosi, Supervisor Sophie Maxwell and Mayor Gavin Newsom for a ribbon-cutting to commemorate the new \$648 million light rail line, which involved construction of 5.1 miles of track and 18 stations along the Third Street corridor while encompassing Visitacion Valley, Bayview Hunters Point, Potrero Hill/Dogpatch, and Mission Bay. The T-Third runs from Sunnydale Avenue to Castro Station, serving as a vital link connecting the growing communities along Third Street and Bayshore Boulevard to the rest of the City.

"I am proud that this line integrates the many facets of the new SFMTA (San Francisco Municipal Transportation Agency), incorporating the expertise of both transit

and traffic professionals to create a model corridor for urban mobility," said SFMTA Executive Director Nathaniel Ford. "I also feel that the Third Street communities deserve acknowledgment for their faith, patience, and partnership in getting this line completed."

SFMTA staff members worked closely with local residents, businesses, and community organizations. During construction, an SFMTA-sponsored jobs program placed more than 360 community residents in construction-related and administrative jobs. SFMTA staff members have also worked with community businesses and organizations to address their concerns and ideas. The Discover Neighborhood Treasures theme is a result of this collaboration, and has been the basis of a community promotional campaign developed by the SFMTA.

Regular daily service on the T-Third began on Apr. 7 from the Sunnydale Station in Visitacion Valley. LRVs are scheduled every nine minutes during morning and afternoon rush hours, with 12 and 20 min-

utes intervals at night until 1 a.m. Service on early weekend mornings (5-6 a.m. Saturdays and 5-8 a.m. Sundays) is provided by buses.

After 67 years of service, the 15-Third bus line was discontinued on April 7. Buses had replaced the original 15 streetcar line in 1940 which began more than a century ago as a horsecar line. The 15-Third route was replaced at the northern and southern ends by an expanded service on the 9X, 9AX, and 9BX bus lines, as well as the T-Third.

Established by voter proposition in 1999, the SFMTA, a department of the City and County of San Francisco, oversees both the Municipal Railway (Muni) and the Department of Parking and Traffic.

With five modes of transit, Muni has 700,000 passenger boardings each day. More than 35,000 extra vehicles enter San Francisco on any given business day, and rely on DPT to keep the flow of cars, transit vehicles, delivery trucks, pedestrians, and bicycles moving smoothly through the streets.

Legislation Signed to Expend Federal And State Funds for Leland Avenue

Mayor Newsom recently signed new legislation authorizing the city's Department of Public Works (DPW) to accept and expend \$1,559,899 in federal funds and \$202,101 in state funds to go toward the Leland Avenue Streetscape Improvements Project. The grant money is awarded by the Metropolitan Transportation Commission (MTC).

The enhancements, which are a part of the County Share Transportation for Livable Communities (TLC) Capital Program, will extend along Leland Avenue from Bayshore Boulevard to Alpha Street.

The Leland Avenue Streetscape Improvement Project will include pedestrian, streetscape, and traffic calming improvements to Leland Avenue.

The street upgrade compliments Mayor Newsom's "better streets" initiative and will fund corner bulbouts, new street trees and other greening, street furniture, pedestrian lighting, paving and crosswalk improvements, storm water

elements as well as public art.

"Green and clean neighborhoods are essential to the quality of life, economic development, social fabric, and environmental health of San Francisco," said Mayor Newsom. The city's dedication to creating more appealing streetscapes, as well as planting 25,000 trees by 2010, is an important component of our neighborhood beautification projects and better streets initiatives. This grant money helps reinforce the city's aggressive commitment to providing a clean and green and livable city that all San Franciscans can enjoy."

The Leland streetscape improvements will help to revitalize the main civic commercial corridor in the Visitacion Valley neighborhood. Pedestrian improvements will create better connections to the new Third Street light rail line and the Bayshore Caltrain Station.

The Muni Third Street light rail line runs along Bayshore Boulevard with stops two blocks on either side of Leland Avenue.

State Awards S.F. Funds for Health Access

San Francisco recently received a three-year \$73.1 million award from the State Department of Health Services for the City's Health Access Program (HAP).

The funding, which was made available under the State's Health Care Coverage Initiative, will be apportioned annually over three years.

The funding will help implement the City's innovative plan to provide universal healthcare access for San Francisco's uninsured. Funding will be used to provide a comprehensive set of health services to HAP participants.

"San Francisco was successful in this very competitive application process because HAP directly addresses the needs of the uninsured - by better utilizing our local health care delivery system," said Mayor Gavin Newsom.

First introduced by Newsom in

his 2005 State of the City address, HAP is a collaboration of the San Francisco Department of Public Health and the San Francisco Health Plan.

It focuses on prevention/primary care, streamlines eligibility systems, enhances quality monitoring and promotes the health care safety net. It will begin phased implementation in July 2007.

The first phase will involve our most vulnerable, uninsured residents. Information on the Health Access Program can be obtained from www.sfhap.org.

The State's Health Care Coverage Initiative is a component of the federal Centers for Medicare & Medicaid Services five-year section 1115 Medi-Cal Hospital/Uninsured Care Demonstration approved for the State of California. Initiative funding is available from September 2007 to August 2010.

Project Homeless Connect Gets Award

Mayor Newsom's Project Homeless Connect continues to gain praise as one of the country's best practices in addressing urban chronic homelessness.

The widely popular homeless outreach program was awarded Apr. 11 with the prestigious 2007 Acts of Caring Legacy Award for Excellence and Innovation.

The national award is given annually to the county life-improving program that most fully embodies the spirit of volunteerism by addressing a unique need.

San Francisco's Project Homeless Connect was honored for its continuing leadership in working to end homelessness nationwide.

Presented by the National Association of Counties and sponsored by Freddie Mac, the Acts of Caring Legacy Award for Excellence and Innovation is given each year to one of the 18 recipients of the annual Acts of Caring Awards. These awards honor community-based,

government volunteer programs that provide a legacy for the future.

"Thanks to the finest, most dedicated volunteer community in the United States, we're helping thousands of homeless make huge, positive life changes," said Mayor Newsom. "We've averaged around 1,430 participating volunteers for every San Francisco PHC event for the last year and a half. Caring for others and committing to making a difference - those are true San Francisco values."

Used as a national best practice model, San Francisco's PHC program is now being copied by more than 106 cities and counties in 26 states including Oregon, Nevada, Texas, Missouri, New York and Florida. PHC programs are even in place in Canada, Puerto Rico and Australia.

To date, PHC has distributed more than 112,000 pounds of food and has provided shelter and housing to over 1,621 clients.

City Signs Partnership for Achievement Agreement with SFUSD

Mayor Gavin Newsom on Apr. 12 signed a ground-breaking plan which represents - for the first time - the City and the School District formally joining together to serve the students and families of San Francisco.

Building on the many partnerships that already exist between the City and School District - such as After-School for All, the Arts Education Master Plan, and Prop H - the "Partnership for Achievement" agreement seeks to formalize the collaboration between the City and SFUSD in six strategic areas:

*Building Community Support and Civic Engagement: A campaign has been started by organizations that have a vested interest in the health and well-being of public school children in San Francisco. Composed of parents, business people, District staff, City staff, and local philanthropists, the groups are committed to investing diverse assets toward a collective effort to support public education in the city.

*Supporting Teachers and Principals: A Teacher of the Month program will honor innovative teachers. Teacher Housing Subsidies and a Student Loan Forgiveness Policy are currently being developed for

Fall 2007 implementation. Leadership Initiative to recruit and retain Pre K-12 administrators is being designed in collaboration with SFUSD, San Francisco School Alliance, Partners in School Innovation, and UC Berkeley's Principal Leadership Initiative.

*Promoting Adequate School Funding: Currently, the City provides SFUSD with approximately \$40 million in school-based and school-linked program funding and services. The Public Education Enrichment Fund will provide, by 2010, an additional \$40 million a year in funding - \$20 million reserved for Sports, Libraries, Art, and Music and \$20 million for SFUSD identified needs.

*Increasing Opportunities: Led by SFUSD and DCYF staff, the After-School for All Initiative commits to providing all elementary and middle school students with access to quality after-school programs by 2010. Currently, 11 high schools have Wellness Centers and four additional middle schools will be funded in 2007-08 through a SFUSD, Department of Health, and DCYF collaborative. Assuming passage of the PEEF budget by the Board of Supervisors, all high

schools will have Wellness Centers.

*Preparing for the 21st Century: Strategies to prepare students for the modern workforce, such as the development of career pathways in competitive workforce areas.

*Strengthening Schools as Community Institutions: SFUSD, Recreation and Parks Department, and DCYF are currently identifying school playgrounds that will be open to community use. DCYF, SFUSD, and local CBOs are exploring potential school sites to establish a Parent University and/or a Job Center for Transitional Age Youth.

"This agreement is a living document that exemplifies the partnership between the City and the school district on a wide-range of issues," said Mayor Newsom. "San Francisco's efforts are unprecedented - and over the next couple of months, we will witness order of magnitude changes in the quality of education that the City's children receive."

The Partnership for Achievement was first read by the Board of Education in February and was sent back to the board from committee with a positive recommendation and adopted by the San Francisco Board of Education Mar. 13.

Construction Continues at Coffman Pool



Construction continues on a new facility for Coffman Pool, located at 1700 Visitacion Ave. (at Hahn Street) and slated for completion early next year.

Grapevine Mailbox

Living With High Gas Prices

Rising fuel costs are on the minds of most Americans these days. Sure, you can simply stop driving as much, but for many consumers, that's not an option. But there are two ways all of us can stretch our precious gasoline dollars.

One strategy is to change how we drive, and the other is to perform simple and inexpensive vehicle maintenance. Taking these steps will not only save gas money, but will improve a vehicle's safety and dependability.

It is an ideal time for motorists to review the factors that can impact fuel economy. According to the Car Care Council, the most common are under-inflated tires, dirty air filters, old spark plugs and something as simple as the gas cap.

*Check your vehicle gas cap. About 17 percent of the vehicles on the roads have gas caps that are either damaged, loose or are missing altogether, causing 147 million gallons of gas to vaporize every year.

*When tires aren't inflated properly, it's like driving with the parking brake on, and can cost a mile or two per gallon.

*A vehicle can have either four, six or eight spark plugs, which fire as many as three million times each 1,000 miles, resulting in a lot of heat, electrical and chemical erosion. A dirty spark plug causes misfiring, which wastes fuel. Spark plugs need to be replaced regularly.

*An air filter that is clogged with dirt, dust and bugs chokes off the air and creates a "rich" mixture – too much gas being burned for the amount of air, which wastes gas and causes the engine to lose power. Replacing a clogged air filter can improve gas mileage by as much as 10 percent, saving about 15 cents on a gallon.

*Aggressive driving can lower gas mileage by as much as 22 percent on the highway and five percent on city streets, which results in seven to 49 cents per gallon.

*Sitting idle gets zero miles per gallon. Letting the vehicle warm up for one to two minutes is sufficient.

*Gas mileage decreases rapidly at speeds above 60 mph. Each mph driven over 60 results in an additional 10 cents per gallon. To maintain a constant speed on the highway, cruise control is recommended.

Last year, vehicle check-up events conducted throughout the country revealed that nearly nine out of 10 cars required some type of maintenance. This reinforces the need for the motoring public to become more aware of the maintenance needs of their vehicle to save money, conserve energy, improve highway safety and help protect the environment.

Every motorist can receive a free 56-page Car Care Guide that takes the guesswork out of vehicle maintenance by visiting the Car Care Council's Web site at www.carcare.org.

Sincerely, Rich White, Executive Director, Car Care Council

School Answering Machine

This is the message that the Pacific Palisades High School staff voted unanimously to record on their school telephone answering machine. This is the actual answering machine message for the school.

This came about because they implemented a policy requiring students and parents to be respon-

sible for their children's absences and missing homework. The school and teachers are being sued by parents who want their children's failing grades changed to passing grades – even though those children were absent 15-30 times during the semester and did not complete enough schoolwork to pass their classes.

The outgoing message: "Hello! You have reached the automated answering service of your school. In order to assist you in connecting to the night staff member, please listen to all the options before making a selection:

*To lie about why your child is absent - Press 1

*To make excuses for why your child did not do his work - Press 2

*To complain about what we do - Press 3

*To swear at staff members - Press 4

*To ask why you didn't get information that was already enclosed in your newsletter and several flyers mailed to you - Press 5

*If you want us to raise your child - Press 6

*If you want to reach out and touch, slap or hit someone - Press 7

*To request another teacher, for the third time this year - Press 8

*To complain about bus transportation - Press 9

*To complain about school lunches - Press 0

*If you realize this is the real world and your child must be accountable and responsible for his/her own behavior, class work, homework and that it's not the teachers' fault for your child's lack of effort. Hang up and have a nice day!

Beware of the Paper

Heads up, everyone:

You walk across the parking lot, unlock your car and get inside. You start the engine and shift into Reverse. When you look into the rear view mirror to back out of your parking space, you notice a piece of paper stuck to the middle of the rear window. So, you shift into Park, unlock your doors, and jump out of your car to remove that paper (or whatever it is) that is obstructing your view.

When you reach the back of your car, that is when the carjacker appear out of nowhere, jump into your car and take off. They practically mow you down as they speed off in your car.

And guess what, ladies? I bet your purse is still in the car. So now the carjacker has your car, your home address, your money, and your keys. Your home and your whole identity is now compromised!

If you see a piece of paper stuck to your back window, just drive away. Remove the paper later.

A purse contains all kinds of personal information and identification documents, and you certainly do not want this to fall into the wrong hands.

Lt. Tony Bartolome, Bureau of Investigations, Florida Highway Patrol

More Credit Card Scams

Scene 1:

This is a new one. People sure stay busy trying to cheat us, don't they? A friend went to the local gym and placed his belongings in the locker.

After the workout and a shower, he came out, saw the locker open, and thought to himself,

"Funny, I thought I locked the locker. Hmmm." He dressed and just flipped the wallet to make sure all was in order.

Everything looked okay - all cards were in place.

A few weeks later his credit card bill came - a whopping bill of \$14,000! He called the credit card company and started yelling at them, saying that he did not make the transactions.

Customer care personnel verified that there was no Mistake in the system and asked if his card had been stolen. "No," he said, but then took out his wallet, pulled out the credit card, and yep - you guessed it - a switch had been made. An expired similar credit card from the same bank was in the wallet.

The thief broke into his locker at

the gym and switched cards. Verdict:

The credit card issuer said since he did not report the card missing earlier, he would have to pay the amount owed to them.

How much did he have to pay for items he did not buy?

\$9,000! Why were there no calls made to verify the amount swiped? Small amounts rarely trigger a "warning bell" with some credit card companies.

It just so happens that all the small amounts added up to big one!

Scene 2:

A man at a local restaurant paid for his meal with his credit card. The bill for the meal came, he signed it, and the waitress folded the receipt and passed the credit card along.

Usually, he would just take it and place it in his wallet or pocket.

Funny enough, though, he actually took a look at the card and, lo and behold, it was the expired card of another person.

He called the waitress and she looked perplexed.

She took it back, apologized, and hurried back to the counter under the watchful eye of the man.

All the waitress did while walking to the counter was wave the wrong expired card to the counter cashier, and the counter cashier immediately looked down and took out the real card.

No exchange of words – nothing! She took it and came back to the man with an apology. Verdict:

Make sure the credit cards in your wallet are yours. Check the name on the card every time you sign for something and/or the card is taken away for even a short period of time.

Many people just take back the credit card without even looking at it, "assuming" that it has to be theirs.

For your own sake, develop the habit of checking your credit card each time it is returned to you after a transaction!

Scene 3:

Yesterday I went into a pizza restaurant to pick up an order that I had called in.

I paid by using my Visa Check Card which, of course, is linked directly to my checking account.

The young man behind the counter took my card, swiped it, then laid it on the counter as he waited for the approval, which is pretty standard procedure. While he waited, he picked up his cell phone and started dialing.

I noticed the phone because it is the same model I have, but nothing seemed out of the ordinary.

Then I heard a click that sounded like my phone sounds when I take a picture..

He then gave me back my card but kept the phone in his hand as if he was still pressing buttons.

Meanwhile, I'm thinking: I wonder what he is taking a picture of, oblivious to what was really going on. It then dawned on me: the only thing there was my credit card, so now I'm paying close attention to what he is doing.

He set his phone on the counter, leaving it open.

About five seconds later, I heard the chime that tells you that the picture has been saved.

Now I'm standing there struggling with the fact that this boy just took a picture of my credit card.

Yes, he played it off well, because had we not had the same kind of phone, I probably would never have known what happened.

Needless to say, I immediately canceled that card as I was walking out of the pizza parlor.

All I am saying is, be aware of your surroundings at all times.

Whenever you are using your credit cards, take caution and don't be careless. Notice who is standing near you and what they are doing when you use your card.

Be aware of phones because many have a camera phone these days.

When you are in a restaurant and the waiter/waitress brings your card and receipt for you to sign, make sure you scratch the number off.

Some restaurants are using only the

last four digits, but a lot of them are still putting the whole thing on there.

I have already been a victim of credit card fraud and, believe me, it is not fun. The truth is that they can get you even when you are careful, but don't make it easy for them.

Rules of Life

Bill Gats recently gave a speech at a High School about 11 things they did not and will not learn in school. He talks about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world.

*Rule 1: Life is not fair - get used to it!

*Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something before you feel good about yourself.

*Rule 3: You will not make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

*Rule 4: If you think your teacher is tough, wait till you get a boss.

*Rule 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping: they called it opportunity.

*Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

*Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

*Rule 8: Your school may have done away with winners and losers, but life has not. In some schools, they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to anything in real life.

*Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you find yourself. Do that on your own time.

*Rule 10: Television is not real life. In real life people actually have to leave the coffee shop and go to jobs.

*Rule 11: Be nice to nerds. Chances are you'll end up working for one.

Stroke Identification

Stroke! Remember the first three letters: S-T-R. If everyone can remember something this simple, we could save some folks.

During a barbecue, a woman stumbled and took a little fall – she assured everyone that she was fine (they offered to call paramedics) and that she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, she went about enjoying herself the rest of the evening. Her husband called later telling everyone that his wife had been taken to the hospital (at 6 p.m. she passed away.) She had suffered a stroke at the barbecue. Had they known how to identify the signs of a stroke, perhaps she would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this. A neurologist says that if he can get to a stroke victim within three hours, he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within three hours, which is tough.

Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

*S: Ask the individual to smile.

*T: Ask the person to talk; to speak a simple sentence coherently, such as: "It is sunny out today."

*R: Ask him or her to raise both arms.

Another sign of a stroke: Ask the person to stick out their tongue. If the tongue is crooked – if it goes to one side or the other – that is also an indication of a stroke. If he or she has trouble with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher

Visitation Valley Child Care Food Program

Visitation Valley Community Center announces sponsorship of the Child and Adult Care Food Program (CACFP). Meals will be available at no separate charge to children enrolled at all Visitation Valley Community Center's Children's Programs centers. "The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or political beliefs. Persons with disabilities who require alternate means of communication for program information (Braille, large print, audio tape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (Voice and TDD)."

"To file a discrimination complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer."

For information regarding enrollment, contact: Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA. 94134; (415) 467-6400.

FREE CERAMICS CLASS

For everyone 18 and older at
Visitation Valley Community Center,
66 Raymond Avenue
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like.
We have a wonderful teacher to assist you.*

For more information, call the
VCC Senior Program: (415) 467-4499

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Visitation Valley Middle School Students Visit the State's Capitol



Visitation Valley Middle School (VVMs) students in February were guests of State Senator Leland Yee in the Senate Chamber at the Capitol in Sacramento.

by Frances Terry

In February, a busload of Visitation Valley Middle School (VVMs) students visited our state's Capitol, compliments of the community policing component of the Visitation Valley Weed and Seed grant.

Our first stop was Sutter's Fort State Historic Park. The landmark is named after John Sutter, a Swiss immigrant who in 1839 was granted land in the Sacramento Valley from the Mexican government. Mr. Sutter created an empire he called New Helvetia (New Switzerland) where he built a fort and cultivated the land. Mr. Sutter sent aid to the Donner Party in 1847 and became known for his hospitality to weary travelers. A highlight for the students was witnessing the firing

of a real cannon.

Next, we visited the California State Railroad Museum in Old Sacramento. The students viewed railroad cars and steam engines that date from the early 1800s. The collection includes a range of cars, from simple passenger cars to freight cars. The museum also houses plush, private cars fit for royalty. The Railroad Museum was a treat and would be enjoyable for all ages.

We saved the best for last with a tour of the California State Capitol. The group was met by a tour guide who narrated the history of the State Capitol beginning with mention of its temporary quarters in five California cities, including San Francisco in 1862, prior to moving to its current location in 1874 (third build-

ing in Sacramento). The State Capitol building is patterned after an ancient Spanish fortress at Panama. We visited the balcony gallery of the Assembly Chamber that has green décor patterned after the British Parliament's House of Commons. We also visited the gallery of the Senate Chamber and marveled at the red decorum that was designed with England's House of Lords influence. After our Chamber visits, we sported 3-D glasses to view *The Big One*, a mini-documentary of the San Francisco Earthquake of 1906.

Our State Capitol tour culminated with a visit with California Senator Leland Yee, Ph.D. Senator Yee is San Francisco's own, after having immigrated to San Francisco as a toddler. This Senator is known for his concern for "the people." Senator Yee is

one of the most successful legislators with getting bills passed and signed into law. Luckily for us, Senator Yee took time out of his busy day to meet with us and take us to the Senate Chamber floor.

While there, Senator Yee explained how he and the legislature work for the citizens of California. The Senator also spoke about his concern regarding violence in video games and two bills, AB1179 and AB1793 he sponsored. We told the Senator that Visitation Valley Middle School was hosting a *Turn-Off the TV* campaign in April and the Senator was very supportive and congratulated us on our efforts.

After much excitement for the day, we boarded our luxury bus for the trip back to school. What a day to remember!

Photos by Three Visitation Valley Youths Selected For Photo Contest

The Boys and Girls Clubs of San Francisco, Visitation Valley Clubhouse is joining a nationwide search to identify talented young artists. The competition is part of Boys & Girls Clubs of America's (BGCA) *ImageMakers National Photography Contest*.

Sponsored by the Circuit City Foundation, the contest is part of a comprehensive initiative encouraging artistic skills, cultural enrichment and creativity in the medium of photography.

As a participant in the *ImageMakers National Photography Contest*, the Boys and Girls Clubs of San Francisco can submit members' photography in four age divisions and five categories, including color process, black-and-white process, alternative process, digital and photo essay. Selected photos compete at the regional level; regional winners are judged nationally.

This year, photos of three Visitation Valley Boys and Girls Club members were selected to represent San Francisco in the regional competition. The winning members are:

*Tyari Robertson in the *Black and White Category* for ages 13-15.

*Brianna Smith in the *Black and White Category* for ages 6-9.

*Roman Saaga in the *Color Process Category* for ages 6-9.

Forty-four national winners are named and their photography displayed in the *ImageMakers National Photography Contest* traveling exhibition and at special BGCA events throughout the year. Winning photographers receive an award and letter of congratulations from BGCA President Roxanne Spillet. Regional finalists receive a certificate of participation.

Boys and Girls Clubs of San Francisco's photo program led by Mark Heija at the Columbia Park Clubhouse is well respected as one of the strongest photo programs in country. This year members of the Visitation Valley club worked with local photographer Stavroula Kolitsopolous, who recently moved to Visitation Valley from New York.

The Visitation Valley Club has done very well in *ImageMakers* since the full time art program began at the club three years ago. The first year the new clubhouse participated in *ImageMakers*, Ivanna Carrol went on to take first place nationally in her age category in the Color Process. Last year, Tyari Robertson won first place in the Color Process category at the Regional level. This is Robertson's second year in a row taking home citywide honors. Photos from the San Francisco Program and more information are on the web at <http://www.bgca.org/programs/arts.asp>. The Visitation Valley Clubhouse at 1099 Sunnydale has served the youth of the Visitation Valley neighborhood in its new location at The Village since 2004. The Club provides year round programs for boys and girls in the areas of character and leadership development, educational enhancement, career preparation, health and life skills, the arts, sports, fitness and recreation.

In addition to the national programming, Boys and Girls Clubs of San Francisco offers low cost sleep away summer camp at Camp Mendicino and a summer school enrichment program called Project Discover.

The Visitation Valley Club also operates a food bank for families of Club Members. Membership is available to any youth between the ages of six and eighteen for only \$10 a year, with scholarships available.

To find out more about joining the club, call (415) 239-0146, or drop in between the hours of 2:30 to 5:30 p.m.

Partnership Will Support Disaster Preparedness in San Francisco Bay Area

Mayor Gavin Newsom on Apr. 17 announced that San Francisco will join the Fritz Institute on the Bay Area Preparedness Initiative (BAPi), a comprehensive program bringing together leaders from government, private industry, and the nonprofit and philanthropic sectors to identify gaps in preparedness and collaborate in developing solutions that address those gaps.

The program will focus initially on a major research effort to assess the vulnerability of San Francisco's most at-risk populations and the response capacity of the local community and faith-based organizations that serve them.

This research will lead to recommendations to government and

philanthropic leaders about how best to support and ensure the response capacity of these groups.

Fritz Institute is a San Francisco-based nonprofit organization working to enable preparedness and effectiveness in disaster relief in communities around the world. Founded in 2001, Fritz Institute works in partnership with governments, relief organizations, corporations and academia to professionalize disaster preparedness, response and relief through the creation and deployment of best practices, processes, systems, and standards.

"We're proud to be partnering with the Fritz Institute in this initiative to bring together the philanthropic, non-profit and private

sectors to enhance disaster preparedness," said Mayor Newsom. "This project will provide valuable insight into the disaster response capacity of our local nonprofit and faith-based organizations."

As events have repeatedly shown, from the Loma Prieta earthquake in 1989 to Hurricane

Katrina in 2005, the most vulnerable populations become even more vulnerable when their lives and communities are disrupted by disasters. For many of these individuals, community based human service and faith based organizations become a key source of support after a major disaster.

Phishing Attack Targeting Consumers

The Better Business Bureau (BBB) System recently warned all businesses across the United States and Canada of a spoofing scam using the BBB name and a false BBB e-mail address to entice recipients to access potentially damaging hyperlinks.

In February, a firm had its computer system hacked and that firm's system generated thousands of counterfeit messages to businesses and consumers, purporting to be a complaint filed with the BBB. Recently, another firm was hacked and similar emails have been received by businesses across the country.

The attack has not affected the computer system of any BBB nor have any of their data been compromised. As with most other phishing attacks, the perpetrators have attempted to pose as a respected business to gain the confidence of phishing victims. The BBB is working with authorities to thwart these malicious attacks.

The most recent e-mail has a false return address of consumer-complaints@bbb.org and a phishing hyperlink citing a BBB complaint case number, for example: *Documents for Case #BBA749BED0*. These links actually direct access to a subdirectory of the hacked firm's website where users are asked to download documents related to the complaint. The download is actually

an executable file that is believed to be some form of a computer virus.

All recipients are advised that any e-mail from the consumer-complaints@bbb.org address is not coming from any BBB and should be considered counterfeit. The BBB strongly encourages recipients of any such message to delete the message immediately without clicking on the *Documents for Case* links.

The phishing e-mail return address of consumer-complaints@bbb.org does not exist and is being "spoofed." Spoofing occurs when an e-mail address is altered to appear as if the message originated from a legitimate source. This is a common practice for both spam e-mail and phishing operations.

Phishing is a term coined by computer hackers, who use e-mail to fish the Internet hoping to hook recipients into giving them logins, passwords or other sensitive information.

In all these scams, the phisher first impersonates a legitimate company. In a typical scam, the phisher instructs recipients to click on a convenient link to receive or provide information that can then be used by phishers to access the recipient's sensitive personal or business information.

For more information about phishing and for tips to avert other scams, please visit www.bbb.org.

Legislation Combats Human Trafficking

SACRAMENTO—The Assembly Judiciary Committee recently unanimously passed AB 1278 by Assemblywoman Fiona Ma (D-San Francisco) to combat human trafficking by a 10-0 vote.

The legislation is jointly authored by Cameron Smyth (R-Santa Clarita) and Sally Lieber (D-San Jose) and is sponsored by San Francisco District Attorney Kamala Harris.

The bill comes on the heels of Assemblywoman Ma's work at the San Francisco Board of Supervisors, where she authored legislation to crack down on illegitimate massage parlors that served as fronts for human trafficking in the City.

Specifically, AB 1278 will prohibit contracts that allow deductions from a person's wages for the cost of transporting that person to the United States, increase the maximum penalties for a human trafficking offense, provide district attor-

neys with more power to prosecute those who traffic a minor, allow for a single jurisdiction for prosecution when a trafficker operates in more than one county, and establish guidelines for proper utilization of asset forfeiture laws.

Human trafficking involves the recruitment, transportation, or sale of persons for forced labor. Through the use of violence, threats, and coercion, enslaved persons are forced to work in the sex trade, domestic labor, factories, hotels or restaurants, and agriculture.

The U.S. government estimates that about 17,000 to 20,000 women, men and children are trafficked into the United States each year, meaning there may be as many as 100,000 to 200,000 people in the U.S. working as modern slaves in homes, sweatshops, brothels, agricultural fields, construction projects and restaurants.

The Future of Affordable Healthcare in California

by Senator Leland Y. Yee, Ph.D.
Assistant President pro Tempore
California State Senate

The single biggest issue that the State Legislature will address in 2007 is California's healthcare system. The most significant problems with our current healthcare system are the exorbitant cost and the operational inefficiency. These factors work to exclude many average working people from having access to essential care. Without affordable healthcare, families are forced to depend on emergency rooms for basic health care and struggle with exorbitant bills, while our entire economy suffers. This has created a growing crisis for patients, healthcare providers, and taxpayers alike.

The Problem

Currently, at least 6.5 million Californians are uninsured, and many more do not have adequate insurance. This means that more than 1 in 5 Californians do not have access to preventative care, medical advice and basic treatments, and do not have a safety net if they become seriously ill or gravely injured. These people are average working people whose employers do not provide healthcare and who don't make enough money to pay for an individual policy for themselves and their families.

This is due in large part to the rising cost of health care. Health insurance premiums have risen 87 percent since the year 2000. In the same time period, wages have increased by only 20 percent. Even those with health insurance are often surprised to find that their policies do not cover a large portion of their costs. Even with these high costs, people with pre-existing conditions often cannot qualify for coverage, even for issues as minor as having asthma when they were a child. It is a startling fact that a full half of all personal bankruptcies in the U.S. are due to health care costs.

With so many uninsured or underinsured Californians we are jeopardizing the health of our residents and the viability of our economy. Lower productivity and lost income tax revenue are among the consequences of having unhealthy California residents. If the breadwinner of a family without health insurance gets injured, the entire family will suffer. It is a shame for any of us to live in a society where someone who needs treatment will not receive it, even though there is a hospital with all the right supplies right down the street.

Our Resources

The problems we have with our healthcare system do not stem from a lack of funding. Californians spend

\$186 billion a year on healthcare. This is more than enough to cover the needs of every Californian.

The problem is that currently 30 percent of every healthcare dollar is spent on administration. There is paperwork for purchasing and maintaining your insurance, paperwork and processing when you arrive at the doctor's office, more paperwork when your doctor's office files with your insurance company. Much more paperwork – and the possibility of extra costs being passed on to the patient – if your insurance provider and your doctor disagree about what treatments were actually covered in your insurance policy.

All the other advanced countries in the world are able to provide all their residents with quality care. The only reason the U.S. seems unable to manage universal coverage is because of our excessively inefficient system.

Proposals

This legislative session, many proposals have been brought forward to address these problems.

Insurance market reforms could help to shape the insurance industry and provide better care for a more affordable price. However, these reforms are a piecemeal process and it is difficult to achieve the desired solutions by applying band-aids one at a time to a system with so many holes. Insurance market reforms can help to solve some problems in the short-term, but they do not solve the underlying problems with our system.

Governor Schwarzenegger suggested requiring every Californian to purchase health insurance as is now required in Massachusetts. However, this proposal does not solve the problem of exorbitant premiums and incomplete policies. It would leave many Californians still suffering from a lack of access to preventative care and uncovered in case of severe injury or illness.

The President pro Tem of the Senate and the Speaker of the Assembly have also proposed solutions. Both proposals involve shared responsibility between employers and employees. These proposals, like the others, unfortunately don't fully address the problem of the unnecessarily exorbitant cost of healthcare.

Despite the high cost of healthcare, the U.S. healthcare outcomes rank at the bottom of all industrial nations. Clearly, there is a problem with our healthcare system, not with who is paying for it or who's required to have it. We have the money and the resources to fully serve every Californian, and yet even those who have current health insurance are not fully covered and face excessive costs.

The Solution

Single-payer health insurance is the only solution on the table that will address all the underlying problems with our system. Single-payer healthcare means that one entity – the state of California – would be responsible for providing healthcare to its citizens. This eliminates the majority of the paperwork and administrative inefficiencies. It eliminates the power that the drug companies have to charge small medical facilities exorbitant prices for life-saving medicines.

Single-payer healthcare is financially smart. Instead of using 30 percent of every dollar on administration, the state can require that 95 percent of each dollar be spent on care. Instead of wasting billions on paperwork, universal healthcare will save Californians \$25 billion a year by simplifying the process.

Single-payer health insurance means that the State of California can leverage economies of scale to provide greater access for all. Costs can be kept low because California will be one large pool of people able to negotiate competitive prices for medical services and life-saving medicine.

Single-payer healthcare means a healthier economy. With this system, California can invest heavily in health education and preventative care. While health providers may benefit from having more sick patients to see, the State would be interested in keeping everyone as healthy as possible to prevent unnecessary illness and injury. And when a person does become ill or injured, there won't be any questions about what their insurance policy covers or whether they can afford care – every person will be treated.

I am proud to be a co-author of Senate Bill (SB) 840, which will establish a universal, single-payer healthcare system. The Universal Healthcare Act will provide every Californian resident with healthcare. In a state with such abundant resources, it would be a shame to provide anything less.

California has always been a leader in ideas and progress. It's time to lead the way once again. Please join me in advocating for the rights of all citizens to have access to our healthcare resources.

Senator Leland Yee to Host Breakfast and Town Hall

Senator Leland Yee invites you to a *Pancake Breakfast & Town Hall* Sunday, May 6, from 9 a.m. to 12 noon at the *Armenian Community Center Hall*, 825 Brotherhood Way in San Francisco.

Do You Have a Disaster Plan? Make Preparedness a Priority

by Mayor Gavin Newsom

Last month, San Francisco marked the 101st anniversary of the 1906 Earthquake and Fire. Each year we remember the lives lost and the devastation that event caused. But we also remember the spirit and courage of a City that emerged from the ashes stronger and more determined than ever.

At the same time, we should be mindful that we are still vulnerable to disasters, natural and manmade alike. That's why we all need to focus on being prepared and keeping our families safe.

To that end, we are reaching out to all City employees to encourage them to make personal preparedness a priority. All of our approximately 34,000 City employees are Disaster Service Workers, which means they can be called upon to assist in any way after a major disaster. If our employees know their families are safe, they can begin the task of getting the City back on its feet.

For all San Franciscans, the best way to find out how to get prepared is to visit our interactive website, 72hours.org.

72hours.org emphasizes the reality that after a disaster, it may be at least 3 days before vital services are

restored. It helps people plan for different types of emergencies, such as earthquakes, fires, severe storms, power outages, and acts of terrorism. The website provides step-by-step instructions on how to make a family emergency plan, build a disaster kit, and get involved in training before a disaster occurs or volunteer to help out afterwards. All the information is available in English, Spanish and Chinese.

The first step in getting prepared is to develop a family emergency plan. Decide where you and your family will meet if you are separated when a disaster occurs. Make arrangements for who will pick up your kids if you're at work and can't get to them. Choose an out-of-state contact person – long distance phone lines may be in operation before local lines. Make copies of all your important documents and send them to a friend or family member out of town to hold for you. Inventory your valuables, and take pictures of them if you can.

You can do all this without spending a dime.

Next, you should make a disaster kit. There are some basic things you need, and you probably have a lot of it at home already. First and foremost: food, water and first aid supplies for people and pets.

Buy a transistor radio if you don't have one already. If you're stranded without power or telephones, the radio may be the only way to get vital instructions on where to go and what to do. Add a flashlight, batteries, and manual can opener. You should also have a change of clothes and personal hygiene items.

The most important thing to remember in putting together this kit is that it should be personalized for your family's own needs. Prescription medicines and other items you couldn't live without should be at the top of your list of things to include.

Getting prepared involves simple steps we can all take – but they could mean more than we can imagine. If you are able to take care of yourself and your family in those crucial hours following a disaster, then emergency personnel will be able to use resources for those in the most need of help.

Turning Off the Screens

In an effort to reduce violence, Visitation Valley Middle School (VVMS) students embarked on a 10-day challenge to *Turn Off Screens*, including television, video and computer games, beginning with an opening ceremony on Apr. 23 during lunchtime.

Joe Leland around the neighborhood

***Small Business Week:** The San Francisco Small Business Commission will be hosting their annual celebration on May 5 through 12 honoring the countless small businesses of San Francisco. The week kicks off with the popular Citywide Sidewalk Sale on May 5. Last year, the Leland Avenue merchants joined the celebration by bringing their merchandise to the sidewalks in front of their establishments or by offering special promotions. Several merchants noticed an increase in foot traffic along Leland Avenue and a corresponding increase in sales for the day. This year, Visitation Valley Business Opportunities and Outreach to Merchants (VVBOOM) would like to follow up on last year's success and expand on the idea by encouraging additional vendors to display their products at select locations along Leland Avenue. Neighboring homeowners will also be contacted to see if they would be willing to host a garage sale on the day of the event. VVBOOM's goal is to increase foot traffic and maximize the number of places to shop along Leland Avenue and adjacent streets.

***2007 Leland Avenue Sidewalk Sale:** Please support your local merchants by shopping in Visitation Valley at the 2007 Leland Avenue Sidewalk Sale on Saturday, May 5th from 10 a.m. to 2 p.m.! For more information contact: Crezia Tano at 415-587-7895 x 104

***A Recycled Library?:** "Why not reuse the existing Superfair Market building instead of tearing it down to build a new but smaller library on the same spot?" That's the question that many are asking these days about the future Visitation Valley branch library. Professionals call it adaptive reuse but it's just another form of recycling. Take something old and give it a new lease on life. When this idea was first suggested to the Library and the community, the response was less than enthusiastic. Why save an old building when we can have a shiny new one? That's a fair question. The answer: Given the timeline to build a new building (about four years), the cost to build a new building (nearly \$8 million), the indisputable fact that recycling saves natural resources, and the fact that the Superfair Market building is bigger than the promised new building, maybe reuse could give us the same result faster and cheaper. Without question, it will be bigger and greener. And we still get a new library. The mind-shift from "shiny and new" to "recycled but new" will take a little creative imagination. It will also take an unbiased look at the complicated structural and construction issues arising from reuse. Fortunately the Library has agreed to retain a design/construction consultant to study this issue. They haven't committed to the reuse concept, but they have agreed to look into it. No funds will be diverted from the current budget nor will the study delay the community workshops planned for this summer. What happens after the study is completed hinges on what the community thinks is best for the future. As we await the outcome, take a minute to drop by 28 Leland Avenue (JOE Leland Coffee Shop) and take a look at an very intriguing 3D model of the Superfair Market recycled as a library. The model will be on display throughout the month of May.

***Candlestick Cove Update:** The new housing developments at Candlestick Cove are proceeding rapidly. Top Vision Development's current condo project is nearing the last stages of construction and sales have been reported as strong, two of the three new buildings are nearly sold out. The final phase of the development, a 16-story residential tower, was awarded its final approval from the S.F. Planning Department recently. Signature Properties (the developer of the portion of The Cove closest to the freeway) recently transferred development rights to one of their mid rise buildings to The Hanover Company, a Houston based developer of luxury apartments. The new developer will market the units as apartments instead of for sale condos. This transfer significantly moves up the construction start date for this seven-story building. Originally slated to begin construction after the townhouse phase of development was completed, now construction may start as soon as this summer. The exterior design of the building remains the same. Signature Properties will also begin construction this year on their town homes.

***Leland Avenue Street Fair 2007:** We had so much fun last year, VVBOOM has decided to do it again! The Second Annual Leland Avenue Street Fair Planning Committee will have a kick off event on May 9th (location and time to be determined). The date for the Leland Avenue Street Fair is tentatively set for Sunday, September 9th, 2007. This year, we promise more music, more food, and more family fun! We need volunteers, which means we need you! To stay updated or to volunteer, call Crezia Tano at 415-587-7895 x104 or email to ctano@vvboom.org

***Banners, Banners, and More Banners!:** The next time you drive along Bayshore Boulevard (from Sunnydale to Hester), take a look up and notice the colorful Visitation Valley themed banners.

San Francisco Launches Country's Only City-Sponsored Parents Website

Mayor Gavin Newsom on Apr. 20 announced that San Francisco would be the first city in the nation offering an official – advertisement free – parents resource website: SFkids.org.

SFkids.org includes 10 main categories of information; 75 specific pages of information; stories and articles; and a 2,000 item database of activities, classes, places to go, and things to do. The SFkids Family Events Calendar will be a location for families to find out what to do any day of the year. For example, the calendar for Saturday, April 21, lists 82 different activities for families to do in the City.

SFkids.org is being produced by the Department of Children, Youth, and Their Families (DCYF) in association with the nonprofit organization GoKid.org, which has run a grass-roots family website in San Francisco for 7 years. The desire for a city-supported family resource website was based on research – surveys, interviews, and focus groups – conducted with parents

throughout San Francisco.

The website has specific pages for young children, school-age children, and teens. DCYF will work with the San Francisco Unified School District, the San Francisco Public Library, The Mayor's Office of Neighborhood Services, and others to make sure that families in every neighborhood are aware of the site and that it meets everyone's information needs.

SFkids.org contains no advertising. With sections for tips, suggestions, and links, the site is designed for users to find information on a wide range of subjects that urban parents can use to raise healthy, happy children from babies to young adults. The "Suggest" button on every page welcomes parents to contribute their ideas as well.

In addition to the main English site, there are SFkids.org pages in Spanish and Chinese. SFkids.org will continue to expand its language capacity over the next few months.

EarthTalk

Non-Polluting Peanut Packaging Alternatives

Dear EarthTalk: Where can I find non-polluting alternatives to those foam "packaging peanuts" used for shipping fragile merchandise? - Brian Smith, Lynwood, WA

Those little white polystyrene-foam packaging peanuts are nearly ubiquitous in our pack-and-ship culture, but they are no good for the environment, let alone human health. The basic building block of polystyrene is the non-recyclable chemical compound styrene. Chronic exposure to styrene is associated with central nervous system damage as well as skin, eye and respiratory irritation, depression, fatigue and compromised kidney function. The U.S. Environmental Protection Agency and the International Agency for Research on Cancer both consider styrene a possible human carcinogen.

Consumers who occasionally deal with foam packing peanuts shouldn't worry too much over such intermittent exposure, but should be alarmed at the health effects on the workers making the material and on the quality of the soil and groundwater near landfills where most of it ends up. Some locales—including Portland, Oregon and Orange County, California—have even banned the use of polystyrene foam in homes and businesses.

So what's a conscientious shipper to do? Luckily alternatives abound. For starters, old newspapers, which are inherently recyclable and biodegradable, make for great padding when crunched up and used liberally inside boxes. Another smart choice is PaperNuts, an alternative to foam peanuts made from recyclable, biodegradable post-consumer corrugated cartons and post-industrial paper processing production waste.

And starch-based peanuts, such as those available from Starch Tech's Clean Green Packing, protect and pad fragile items during shipping but can be dissolved in water and washed right down the kitchen sink. Or, like their chemical counterparts they can be re-used in the next outgoing package. Some other manufacturers of biodegradable packing materials include Minnesota's NatureWorks, Italy's Novamont Spa and the German industrial behemoth BASF.

But sometimes it's not up to you what kind of padding is protecting the products you mail-ordered and had sent to your home or business. If the box contains polystyrene foam peanuts, you can call the company that sent it and ask that they switch to a more environmentally friendly alternative. With more and more companies looking for ways to "go green" these days, they might just take heed.

Regardless, the best way to prevent such peanuts from contaminating the environment is to reuse them in an outgoing package, and include a note asking the recipient to do the same. If you have no use for them, many businesses that do shipping will take them if they are in good condition. And most managers at UPS, Mailboxes Etc. and other pack-and-ship shops will gladly save a little money and accept a donation. And if no local businesses will take your foam peanuts, those staffing the phones at the Plastic Loose Fill Council's Peanut Hotline (see contact info below) will be happy to help find one that will.

Contacts: PaperNuts, Starch Tech Inc., Plastic Loose Fill Council Peanut Hotline, (800) 828-2214

Dear EarthTalk: Do buildings with various "green" features cost more to build and operate than traditional buildings? -Chris Wiedemann, New York, NY

It is difficult to do an apples-to-apples cost comparison of a "green" structure against one that is not due to differences in design, materials and other factors, including the location. But the general consensus is

that a green building might well cost slightly more up front, but it will very likely reap the rewards of lower operating costs going forward.

The U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) program is the standard-bearer used today in evaluating the relative green-friendliness of building projects. A 2004 nationwide study conducted by Greg Kats of the research and consulting firm Capital E found that structures that qualified for the lowest LEED rating ("LEED Certified") cost builders less than one percent more up-front than equivalent non-green buildings. For projects with more ambitious green features that qualified for higher LEED ratings (silver, gold and the highest, platinum), the cost premiums went up from between 1.9 percent and 6.8 percent, still surprisingly low.

What surprised Kats even more, though, was the value of the payback. Overall, Kats found that the average cost premium for building green was about \$4-5 per square foot, while the financial benefits derived over 20 years from incorporating sustainability features—such as lower energy and water bills—was in the range of \$49-65 per square foot, or about 10 times the value of the initial investment. Another 2004 study by Lisa Matthiessen of the consulting firm Davis Langdon came to similar conclusions. According to Matthiessen, incorporating sustainability elements in a project's design from the get-go—not layering them on later in the process—is

essential to keeping the costs down.

Despite these financial benefits, Kats points out that there is unfortunately a "consistent disconnect" in peoples' minds between the higher up-front costs of building green and the ensuing savings in operating costs. He says that overcoming this is fundamental to understanding the value of green building.

And, of course, money is not the only issue. Transitioning to a greener built environment is important for the conservation of natural resources as well as for reducing pollution. According to statistics gathered by the U.S. Green Building Council, the 76 million residential and five million commercial buildings in the U.S. collectively consume 65 percent of America's electricity, 37 percent of its energy, 25 percent of its water supplies and 30 percent of its wood and materials. Likewise, buildings account for 35 percent of the nation's solid waste, 36 percent of carbon dioxide emissions, 46 percent of sulfur dioxide emissions, 19 percent of nitrous oxide emissions and 10 percent of fine particulate emissions.

Sustainable buildings, such as those that qualify for LEED certification, consume fewer resources, generate less waste, cost less to operate and provide healthier living and working environments for everyone—both indoors and out.

Contacts: U.S. Green Building Council, Capital E's "Green Building Costs and Financial Benefits" Got an environmental question? Send it to EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit your question at www.emagazine.com/earthtalk.html, or e-mail us at earthtalk@emagazine.com.

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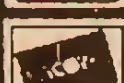
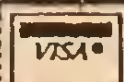
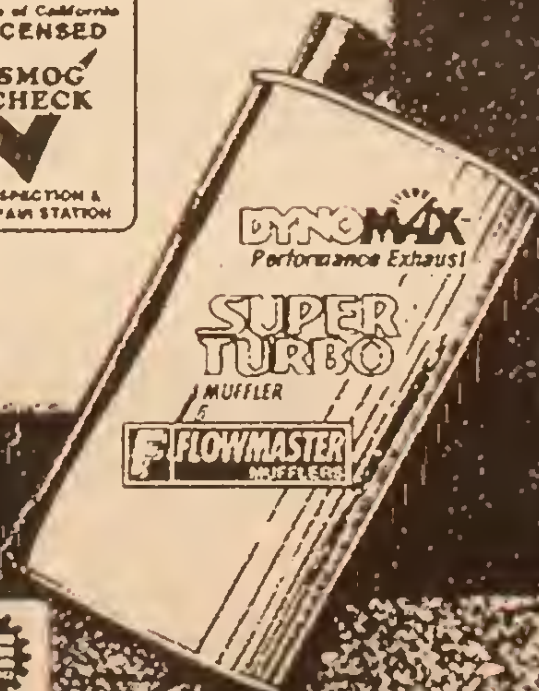
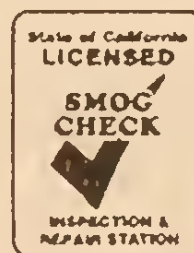
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Underwater Tactics

with Ken Cook

Fresh Line Gets More Fish

Fishing experiences can range from both the pleasure that comes from catching a fish to the pain and frustration that comes when "the big one" gets away. For every successful fish story you might hear at the boat ramp, there are probably many more tales anglers left in disbelief as the fish of their dreams breaks their line — never to be seen again.

For those of you fishing for fun, the heartbreak is usually temporary. For those of us who fish for a living, that same heartbreak can also break the bank. One missed fish can be the difference between cashing a paycheck and going broke. That's why professionals — myself included — make every effort to minimize the chances of this happening to us. First and foremost, we start with our fishing line.

Your fishing line is the only connection between you and the fish. Fishing line, as it ages, comes into contact with many things that all work to break it down and make it weaker. The repeated stress and strain of fighting big fish, rubbing on rocks and timber, sunlight, water, even a fish's teeth can cause your line to become weak and more likely to break the next time you're fighting that big fish.

The best approach is a proactive approach. That's why I respool my reels after each day of competition. It takes some time and costs some money, but it's better to spend a few dollars on fishing line than those several thousand because I lost a fish. For those of you who aren't fishing every day, the best thing to do is carefully examine your line before each trip, look for cuts and abrasions. If your reels have been sitting in the garage for a long time or if they spend a lot of time in the sun, take the time to respool them. If you use colored line, check the colorfastness. If the color has faded, chances are that it is time to respool.

I prefer to keep bulk spools for respooling because it helps me save money and time. I keep them closed in a cabinet in a cool, dry place with the date of purchase written on each spool. It is important to store the line away from sunlight and moisture.

Today's technology means has brought us superior fluorocarbon line like Berkley Vanish and superlines like Berkley Fireline, tools that give anglers the strong, manageable line they need to land big fish. But even the best line can wear down after prolonged use. Whether you fish for fun or for a paycheck, it's better to be safe than sorry. Respool often and avoid the heartbreak of a lost fish.

Ken Cook is the 1991 Bassmaster Classic champion and a 14-time Classic qualifier. A former fisheries biologist, Cook lives on his ranch in Meers, OK.

Ways to Save More on the Same Income

Are you guilty of spending more money than you make? If so, you're certainly not alone.

Recently-released figures from the U.S. Department of Commerce show the nation's personal savings rate for 2006 was negative 1 percent — that's the worst rate since the Great Depression.

It's a sign that many Americans are confusing luxury items for necessities, says Mike Sullivan, director of education for Take Charge America, a national non-profit credit counseling agency.

"We live in a society where we are judged by our material items, and many people end up thinking that fancy cars, designer clothes and top-notch electronics are must-haves," said Sullivan.

According to the Federal Reserve, Americans have accumulated more than \$800 billion in credit card debt. Sullivan says this obsession with plastic is overtaking more important financial goals.

"Consumers are draining their savings and failing to put away cash for retirement," he said. "It's time to reevaluate our spending habits and learn to differentiate between needs and wants."

Sullivan adds that it's possible to save on almost any income. He offers seven tips to help you squeeze the most out of your budget:

***Track Your Spending:** Many consumers don't realize that small purchases can put a large dent in their budgets. Track your spending for one month, taking notice of everything you purchase, from a 50-cent snack bar to gas, groceries and bills. Where are you spending most of your money? Do you eat out nearly every day? Do you pay for a gym membership that you rarely use? Are you spending too much on dry cleaning? Once you've recognized your "spending holes," take steps to eliminate these unnecessary purchases. For instance, cook more or cancel the unused gym membership. These simple moves may free up several hundred dollars a month.

***Create a Workable Budget:** Once you track your spending, it's time to create your monthly budget. A budget can only be useful if it's workable and realistic. If your goals aren't practical, then you're less likely to follow the budget. In addition to your monthly bills and debt obligations, you need to set aside some money for emergencies, entertainment, and most important, savings. Even \$25 a month is a savings start. Begin your initial savings plan with all that money you found you were throwing down the "spending holes."

***Make It Automatic:** It's much easier to save when you engage auto-pilot. If your employer offers direct deposit, you can automatically transfer a portion of your paycheck into a separate savings account that you don't access on daily basis. The money never touches your wallet,

eliminating the temptation to spend. If you don't have direct deposit, be your own auto-pilot. When you go to the bank to deposit a check, be sure to deposit a percentage of your total paycheck into a separate, interest-bearing account. In addition, don't dip into your savings account unless you are experiencing a true emergency. A shoe sale or concert tickets do not constitute emergencies.

***Understanding Your "Means":** It's important that consumers understand what constitutes living within their means. If you are living off of a credit card and carry a significant balance month-to-month, then you're living outside your means. Next time you make a purchase, ask yourself: "Do I really need this item? Do I have to go outside my current means to purchase this item? What will happen if I don't purchase this item? Can I purchase a less expensive version of this item?" These questions will help you understand the difference between luxury items and necessities.

***Adjust Your Tax Withholding:** Do you expect a large refund come tax time? If so, you may actually be doing yourself a disservice. Financial experts say you should adjust your withholding so your tax payments match your tax liability. If you withhold too much from each paycheck, that means Uncle Sam is holding onto that money interest-free for an entire year. You can have more money if you withhold less from each pay check and redirect that amount to your own interest-bearing savings account. To find out how your take-home pay will be affected if you adjust your withholding, use the free, online paycheck calculator at www.PaycheckCity.com.

***Get Help:** Have you tried to start a savings plan and failed? Perhaps you need help creating a budget? A credit counselor can help get your finances on track. Visit the Better Business Bureau at www.bbb.org to check out reputable credit counseling agencies. You can also visit www.takechargeamerica.org.

New U.S. Postal Rates

New U.S. domestic postage rates taking effect May 14 include:

***Letters:** 41 cents for the first ounce (up from 39 cents), and 17 cents each additional ounce.

***Postcards:** 26 cents (up from 24 cents).

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A "forever" stamp good for an ounce of first class postage will also sell for 41 cents. It will not require any additional postage for sending a letter after a future rate increase.

Book Review

History of America at War

by Samuel S. Stanton, Jr.

Don't Tread on Me: A 400-Year History of America at War, from Indian Fighting to Terrorist Hunting (Crown Forum, 464 pgs., \$27.50) is an ambitious attempt to cover 400 years of American military history. At first thought of this title one might expect to find a tome of several thousand pages, however, author H.W. Crocker III has managed to narrow his text down to less than 400 pages in the hardback edition. What results is a well-researched piece that doesn't do justice to any of its intended goals. It succeeds, however, in providing a suitable format to guide the novice reader across the years of American military history.

Crocker has written a work that will make some people laugh, some people cry, and some people scream. It is a work that might make the reader laugh, cry and scream on the same page. It will please no reader's ideological stance completely. The work will not provide depth of analysis into any event or person. It will prove a fascinating read for anyone not deeply rooted in the history of foreign policy, the U.S. military and political tradition. It is written in an unapologetic style that will routinely infuriate those who demand political correctness and the retrenchment of American history that such correctness requires.

The true contribution of Crocker is that he attempts to remain consistent about American motivation and decision-making about the use of force throughout the country's history. This means that he alternately sounds ardently patriotic and ardently Tory when writing about the Revolution. It also means that Crocker is unapologetic about American imperialism, but also that he recognizes this imperialist behavior is inconsistent with our expressed belief in human liberty and freedom. There is an ideological disconnect between being anti-imperialist and pro Pax Americana, but Crocker does a credible job of explaining this within the context of the years between the end of World War II and the start of the Korean conflict.

While the press release issued for *Don't Tread on Me* claims the book will reveal, "Why Patton should have been promoted over Eisenhower," "Why America should have annexed Mexico — and Cuba too" and "How America won its independence because British generals were too busy canoodling with their mistresses," the fact is that Crocker hardly answers these questions. The book mentions only in passing that some of the indecision on the part of British generals was perhaps connected to their mistresses

and offspring living in the colonies. In addition, Crocker doesn't suggest that America should have annexed Mexico or Cuba, only that this was proposed by some and rejected by others. And while Crocker obviously believed Patton was a better general, he never states nor reveals the necessity that Patton should have been promoted over Eisenhower.

The most disappointing aspect of the book is probably the lack of detailed discussion on the prowess of small unit combat in the American military. The "unheralded skill in small-unit combat operations" is simply not assessed within the text. Crocker does mention Roger's Rangers, Merrill's Marauders, the use of Special Forces units in Vietnam and the use of Ranger units in current hostilities. However, there is no detailed development about their skills, their use or their proper employment in combat. More coverage is given to the attempt to explain American behavior in fighting Indians prior to the Revolutionary War than is given to our mastery of small-unit combat activities.

It is arguable that the lack of detail is simply a matter of efficient use of space by Crocker. If one desires to write a book covering a 400-year history of any human behavior and to do so in a brief space, by necessity details will be left out and the knowledge level of the reader must be assumed. However, with Crocker one is hard pressed to determine what audience the work was written for. In one instance Crocker provides analytical details about the birth of the Confederate States of America in light of Lincoln's inaugural address of 1861. Yet, later Crocker provides little analysis or insight into why Eisenhower prohibited Patton from occupying Czechoslovakia.

Despite the lack of consistency, Crocker is accurate in his historiography, and the book is well-written and engaging. He is also insightful, particularly in discussions of why political decisions held up probable military successes. For the serious student of military history, however, this work will leave little impression. It is not a book to be recommended for use in courses on military history or foreign policy. The read will be enjoyable to that portion of the American public that doesn't possess a great deal of knowledge about military history and foreign policy and is curious to understand the reasoning behind the use of military force. If you have a few minutes or an hour per day and want to gain conversational knowledge of military and foreign policy history, use some of that time wisely and read this book.

Samuel S. Stanton Jr. is an assistant professor in the political science department at Grove City College.

Cooking Corner

Vegetarian Chili

1 tablespoon canola oil; 1 large onion, chopped (1 cup); 1 medium green bell pepper, chopped (1 cup); 4 cloves garlic, finely chopped; 2 fresh jalapeño chiles, seeded, finely chopped; 2 cans (15 oz. each) black beans, drained, rinsed; 2 cans (14.5 oz. each) Muir Glen Organic Fire Roasted or Plain Diced Tomatoes, undrained; 1-1/2 cups water; 1 tablespoon chili powder; 1 teaspoon ground cumin; 1/2 teaspoon coarse salt (kosher or sea salt); 1 cup Cascadian Farm frozen organic sweet corn; sour cream or plain yogurt, if desired; shredded cheddar cheese, if desired; chopped fresh cilantro, if desired.

1. In 4-quart saucepan, heat oil over medium heat. Cook onion, bell pepper, garlic and chiles in oil 5 to 7 minutes, stirring frequently, until tender.

2. Stir in black beans, tomatoes, water, chili powder, cumin and salt. Heat to boiling. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Stir in corn. Heat to boiling. Reduce heat; simmer uncovered 5 minutes longer.

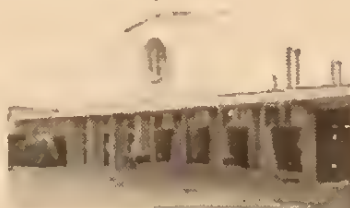
3. Top each serving with sour cream, cheese and cilantro.

4 servings (2 cups each)

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Watercooler Counsel

by Rich Proulx & Malinda Tuazon
Blood, Guts and Work?

Q: I am the owner of a large canning factory. My board of directors has suggested that we organize a blood drive for our employees. I am wondering, however, whether this might somehow violate the Americans with Disabilities Act. - Cannery-Hoping-to-Avoid-a-Row, Monterey, CA

A: You raise a good question, Cannery. Although wanting to sponsor a blood drive shows nothing but the best of intentions, it might make some of your employees uncomfortable, and, if conducted improperly, some would even argue that it may be against the law. Based on risk factors, certain individuals are prohibited from giving blood. In the blood-donation screening process, potential donors are asked questions about their health status, in order to determine whether they can donate. Under the ADA, with certain exceptions, an employer can not make inquiries into the health conditions of its employees. According to San Francisco attorney J. Malcolm Bryant, at the very least, you should be sure that the employees of the blood bank do the screening, rather than any of your employees, and that the information stays within that organization. Make sure there is "no blood on your hands" by keeping the operation entirely separate - on paper, and physically: let the screening and the actual donation take place in private. Hear no evil, see no evil, speak no evil.

Q: My employer just terminated three of its most loyal, longtime employees - me included. All three of us are over 40. We were told that it was done to save money; each of us, having been with the company for decades, were among the top-paid workers. Can they do that? - Loyal But Laid-Off, Rancho Cucamonga, CA

A: I feel for you. Downsizing is an unfortunate reality that can fall unfairly at times, especially to employees who have given their heart and souls to the company. Sometimes an employer will make a decision which is not itself based on some unlawfully discriminatory criterion, but which will disproportionately fall on the shoulders of its older (defined as 40 or over) workers. "If only persons age 40 or over are laid off," explains San Francisco EEOC Supervisory Trial Attorney Jon Peck, "the touchstone is whether the layoff is job related and consistent with business necessity and whether there would be alternatives with a lesser impact on the protected class." If the employer justifies the layoff by citing finances (which is usually going to be the case), the factors may include the size and financial position of the employer, and the amount the older workers were being paid over the younger. For example, if you were working for a highly successful multinational conglomerate and the amount you were making was only 4 percent more than your younger coworkers, the layoffs may have been illegal. Peck warns that all cases of this type are very fact-specific (i.e. there is no single right answer) and explains that analysis calls for determining whether younger persons that are similarly situated to the older persons were treated more favorably and why. You would be best advised to consult an employment attorney and let her know the specific circumstances surrounding your discharge. Our team of government experts would give their right arms to see your questions answered. April is National Donate Life Month when organizations are trying to raise awareness of the need for donations beyond blood. Check out www.donatelife.net to see how you can become an organ, eye, or tissue donor. Send your questions to Watercooler.Counsel@eoc.gov. Rich is a former Supervisory Investigator and Malinda is a current Federal Investigator for the Equal Employment Opportunity Commission www.eoc.gov. Identifying information in the questions may be fictional.

You Have the Right To Be Suspicious

Akin to urban myths, legal myths also exist - tales that seem completely believable but are actually false.

In some cases, legal myths can affect important aspects of your life - so it's important to debunk them.

Here are a few common legal myths - and the real stories behind them - from the legal experts at lawyers.com:

1. If you've lived together for seven years, you're considered married under common law and have all the rights of a wedded couple.

False. Most states do not recognize common-law marriages. In the states that do, requirements vary, but may include presenting yourselves as a married couple, intending to marry in the future and cohabitating. A specific number of years living together is not a requirement in any of those states.

2. You can establish copyright of a work by mailing it to yourself and retaining the sealed, postmarked envelope.

False. Copyright is the exclusive right to copy a creative work and allow someone else to do so - established the moment your work is created in a tangible form. It's only necessary to register your copyright if you want to bring lawsuit for enforcement of copyright infringement.

3. If I am not read my Miranda rights before being questioned by

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*May 5: Flowers for Cinco de Mayo! Practice the art of radial design as you create a beautiful flower sand drawing.

*May 12: Experience the magic of shaving cream and liquid watercolor as you make marbled Mother's Day cards.

*May 19: Recycle old flyers and ordinary newspaper into beautiful hand-made paper.

*May 26: Movin' & Groovin'! Experience how easy it is to suggest movement in people and animals with torn paper collage.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

police, I cannot be found guilty of the crime, even if I confess.

False. If you confess to police while in custody, and you were not given the famous "you have the right to remain silent..." speech first, your confession would likely be inadmissible in court. But other evidence may still prove you guilty. Also, statements you make to police before you're arrested, or ones you make voluntarily right after an arrest (such as "well, you got me this time!"), can be used to prove your guilt, without any Miranda rights requirement.

4. If my spouse dies, I'm always liable for his or her credit card debt.

False. Credit card debt doesn't necessarily pass on to heirs upon death. However, credit card companies will generally first try to collect from the deceased's estate. If there is not enough money in the estate, heirs may have to sell estate assets to cover the liabilities. If there is still not enough money in the estate to cover the debt, the credit card company will likely write off the debt. However, a joint account holder on a card is responsible for the debt if the other account holder dies.

For more information, visit www.lawyers.com.

NAPS

Bayview Police Update

by Bayview Captain Albert Pardini
Police Case

*Friday, Mar. 23, 7:15 p.m., Burrows Street and San Bruno Avenue, Armed Robbery: A man was robbed at gunpoint after cashing his check at a nearby cash checking store. The man said as he was walking, he saw a van parked on Burrows Street. He saw three males exit the van. The young men who now had bandanas around their faces then surrounded him. They told the man to give them his money. One of the masked men pointed a small automatic Uzi style gun at the man. The man initially told the robbers that he did not have any money. The armed robber struck the man in the side of his head with the gun. The man handed over \$600 to the robbers. The robbers got back into the van that was waiting for them. Fortunately, the victim was able to get a license plate on the van and relay that information to the police. He was transported to St. Luke's Hospital for lacerations to his head.

Crossword Puzzle Solution

M	E	R	A	S	V	R	I	A
O	A	T	H	T	E	A	E	G
B	L	U	E	S	T	A	R	I
I	I	I	K	E	R	E	S	O
			F	E	M	C	O	S
C	E	C	R	O	P	S	S	C
A	L	A	E	T	I	C	O	N
G	Y	R	U	S	T	A	L	L
			O	D	E	R	D	A
A	K	U	L	A	B	E	L	E
N	O	S	O	C	O	L	O	S
G	L	A	D	E	L	L	H	E
A	L	A	R	E	E	E	L	A

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Youthful Credit Missteps Can Haunt Later

by Jason Alderman

I don't want to date myself, but when I went to college, tuition was much more affordable and it was nearly impossible for students to qualify for credit cards and car loans. What hasn't changed since then, however, is that many young adults still don't realize the impact a few bounced checks or late payments can have on their future ability to borrow money, rent an apartment or even get a job.

It probably doesn't help that four-fifths of high school seniors are not required to pass a personal financial management class in order to graduate, or that they'll likely be deluged with loan offers upon graduating. Before they know what hit them, many people enter their twenties saddled with thousands of dollars of debt, mounting student loans and a damaged credit rating that can take years to fix.

Fortunately, many resources are available to help guide students - and their parents - through these temptations and lay the groundwork for a solid financial future. For example, the *JumpStart Coalition* is a not-for-profit organization whose goal is to improve the personal financial literacy of students from kindergarten through college. *JumpStart* offers a personal finance clearinghouse of more than 580 books, pamphlets and DVDs on financial literacy (www.jumpstartclearinghouse.org).

Another helpful program is *What's My Score* (www.whatsmyscore.org), which is geared toward helping college students understand their credit scores and take control of their financial future. Originally developed by the Responsible Credit Partnership of the Saint Paul Foundation, *What's My Score* (www.whatsmyscore.org) was recently acquired by Visa USA.

Among the many topics *What's My Score* explores are:

The importance of establishing a responsible credit history. Creditors, lenders, employers, and even land-

lords can use your credit score to determine whether to give you credit, loans, a job, or an apartment.

How credit scores are determined. Financial institutions, like banks and credit card companies, supply information to credit bureaus on your financial performance history, which they in turn use to calculate your credit score. Lenders and others use that information to determine your financial reliability, which impacts your interest rates and ability to get a loan.

Common credit myths, such as: Closing old accounts will always improve your credit score (sometimes the reverse is true); paying off a negative record will remove it from your credit report (negative records such as late payments may remain for seven to 10 years after they are first posted); and poor credit scores will be with you forever (if you continue to make payments on time and pay down debt, your score will steadily improve over time).

Ways to improve your credit score. These include establishing a pattern of responsible credit behavior, such as paying bills on time, making more than the minimum payment, paying off long-term debts, not opening too many new accounts, paying off credit card debt rather than moving it to new cards, keeping credit balances low relative to available credit, and reviewing your credit reports regularly to spot and correct any errors.

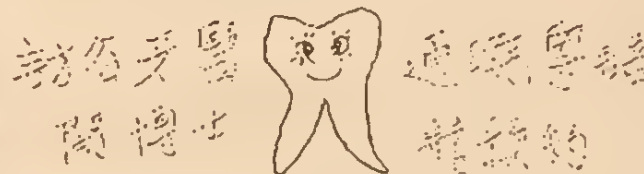
Cautions about the harmful effects identity theft can have on your credit are also discussed.

If you arm yourself and your kids with this valuable information, hopefully the only thing they'll need to worry about for now is their grades.

Jason Alderman directs the *Practical Money Skills for Life* program for Visa USA. Further information on credit reports and repairing bad credit can be found at www.practicalmoneyskills.com. As always, consult a financial professional regarding your particular situation.

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Come to Church This Week

Visitation Valley Police Report

by IngleSide Captain Paul Chignell
Police Cases

*On Mar. 16 at 3:35 p.m., officers responded to the first block of Brookdale where a burglary in progress was reported. When they arrived on the scene, they noticed the front door ajar. They secured the area and entered the residence. They found two suspects inside the residence. One suspect had credit cards from the victim/resident in his pocket. They also found a loaded rifle secreted partially under a rug near the first suspect. The suspects, who live on the 100 block of Blythdale and the first block of Brookdale, were arrested for burglary and parole violations.

*On Mar. 17 at 9:10 p.m., an officer stopped a driver at Sawyer and Sunnydale for a stop sign violation. The driver, who lives on the 3400 block of Jennings, was unlicensed. He was cited and his 1989 Mazda was towed.

*On Mar. 19 at 12:06 p.m., officers and a police sergeant were in the area of Garrison and Rey monitoring a large group of suspected gang members loitering in the area. They spotted a notorious suspect who has a stayaway order from the entire Visitation Valley area. When the suspect saw the officers, he quickly took off running at full speed all the while clutching his waistband area as if to secrete or contain a firearm. The officers pursued the suspect and tried to cut off his route of escape. The suspect jumped a fence on the 100 block of Garrison and then forced his way into a residence through a sliding glass door. He ran past an 80 year-old resident sitting at a table with four children ages 1 to 8. The elderly woman frantically called to the officers at which time the suspect exited through another door and was immediately caught by officers. The suspect, who lives on Nueva Court, was arrested for a stayaway order, trespassing, a probation violation and resisting arrest.

*On Mar. 20 at 12:30 a.m., officers went to the 100 block of Blythdale and arrested a husband for beating and strangling his wife. At 12:58 p.m., officers went to the first block of Fratessa and arrested a brother, who lives in South San Francisco, on a restraining order. At 2:37 p.m., the School Resource Officer for Visitation Valley Middle School arrested a 14 year-old from South San Francisco at Sawyer and Visitation for a felony assault with a stick on another student that occurred on Mar. 19. At 6:27 p.m., officers responded to an auto strip in progress at Wilde and Ervine. They located a suspect in possession of a stolen car who was stripping the vehicle of its tires. The suspect, who lives on the 400 block of Wilde, was arrested for auto theft, receiving stolen property and a parole violation.

*On Mar. 21 at 2:37 p.m., an officer at Sawyer and Visitation Ave. arrested another suspect, a 13 year-old who lives on Brookdale, for a felony assault with a stick from a previous day. At 3:19 p.m., an officer stopped a vehicle at Sunnydale and Hahn for no front license plate. The driver, who lives in Marin City, was driving with a suspended license. He was cited and his 1993 Cadillac was towed. At 6 p.m., an officer stopped a vehicle at Sunnydale and Sawyer for going over a double yellow line. The driver, who lives in Burlingame, was driving with a suspended license. She was cited and her 2001 Mitsubishi was towed.

*On Mar. 22 at 12:30 p.m. at Sunnydale and Garrison, an officer and an inspector of the Gang Task Force arrested a resident of Antioch who was in custody in San Joaquin County for a shooting that occurred at Sunnydale and Garrison in 2006. The suspect was arrested for attempted murder and felony assault. At 4:40 p.m., officers were monitoring suspected violent gang members on the 1500 block of Sunnydale. They admonished five individuals to refrain from trespassing on

Housing Authority property and that in the future they would be subject to arrest. The admonishees reside on Lochr, Gould, Sunnydale and in South San Francisco. At 5:20 p.m. on the 100 block of Blythdale, the officers listed above who admonished persons on the 1500 block of Sunnydale admonished two residents of Nichols Way for the same trespassing violation.

*On Mar. 23 at 5 p.m., a police sergeant and officers on the 1500 block of Sunnydale admonished a suspect who lives on the 1000 block of Hollister for trespassing on Housing Authority property.

*On Mar. 28 at 10:24 p.m., officers at Ervine and Wilde observed a man urinating in public. A warrant check revealed that the resident of the 200 block of Argonaut was wanted by the Daly City Police Department on a warrant for receiving stolen property and another warrant from the Palo Alto Police Department for driving unlicensed.

*On Mar. 31 at 5:40 p.m., officers stopped a vehicle at Santos and Blythdale for a speed contest. The driver, who lives in San Mateo, was driving with a suspended license and was uninsured. He was cited and his 1990 Ford was towed. At 7 p.m., officers responded to a call of shots fired into a vehicle on the 200 block of Hahn. The officers determined that the victim had been harassed for sometime for testifying in court and had been stalked and threatened by multiple suspects. The suspects fled the scene but the vehicle involved with one suspect was spotted a few blocks away by the officers and the driver detained. The suspect, who lives on the 200 block of Rey, was arrested for dissuading a witness, stalking and violation of a restraining order. At 8:10 p.m., officers observed a vehicle double parked on the 1900 block of Sunnydale with the driver in the vehicle. The officers attempted to get the vehicle to move but the driver failed to heed their commands. The officers made contact with the driver, a resident of Lapham Way, and found that she did not have a license to drive. A check of the vehicle revealed false license plates and a removed identification number. A further check revealed that the vehicle was stolen. The driver was also found to have in her possession suspected methamphetamine. She was arrested on numerous charges.

*On Apr. 2 at 12:11 p.m., a woman residing on the 1000 block of Brussels was having continuing problems with her ex-husband. The suspect was beating her and threatening to commit suicide. The suspect would come to her residence and then leave and then come back again. Today he arrived and beat her again in front of her children and then took a belt and attempted to hang himself. She called the police with officers arriving. The officers attempted to take the suspect into custody but he fought the officers viciously and finally, after the use of pepper spray, the suspect was subdued. The suspect, who resides on the 1200 block of Quesada, was arrested for domestic violence, assault on an officer, false imprisonment and resisting arrest. At 5:49 p.m., officers went to the first block of Blythdale on a dispute over a vehicle. They located a resident of the first block of Carr and arrested her on a no bail drug warrant.

*On Apr. 3 at 12:03 p.m., officers on the 100 block of Peabody took three juveniles into shelter at the request of Human Services counselors. At 5:40 p.m., officers were monitoring gang activity on the first block of Blythdale when they arrested a local resident for a felony theft warrant from Daly City.

*On Apr. 5 at 5 p.m., officers went to a residence on the 1200 block of Goettingen where a husband had threatened to kill his wife after an argument concerning his adultery. The protagonists had been in numerous prior domestic violence incidents. The suspect was arrested for criminal threats. At 11:05 p.m.,

officers went to the 100 block of Garrison on a family argument. One of the participants was wanted on a no bail grand theft warrant.

*On Apr. 7 at 3:08 a.m., an officer stopped a vehicle at Velasco and Castillo for impeding the flow of traffic. The driver, who lives on the 400 block of London, was driving with a suspended license. He was cited and his 2000 Honda was towed. At 10:11 p.m., an officer stopped a vehicle at Hahn and Sunnydale. The driver, who lives on the 500 block of Carter, was driving with a suspended license. She was cited and her 1995 Honda was towed.

*On Apr. 9 at 11:45 a.m., officers went to the first block of Blythdale and arrested a domestic violence suspect who had struck his girlfriend with a closed fist to her forehead. The violence followed a dispute over the cleaning of a cereal bowl.

*On Apr. 10 at 4:45 p.m., officers at Santos and Velasco spotted a fugitive walking down the street. The suspect, who lives on the first block of Santos, was wanted on a felony theft warrant.

*On Apr. 11 at 12:22 a.m., officers from the Gang Task Force observed a suspicious vehicle at Kellogg and Schwerin. When they stopped to investigate, they found that the driver was in possession of two large bags of marijuana and a digital scale. The resident of Daly City was arrested on two charges. At 7:50 a.m., an officer stopped a vehicle at Mansell and Visitation for a registration violation. The driver, who lives on the 1800 block of Sunnydale, was driving with a suspended license. She was cited and her 1983 Pontiac was towed. At 4:30 p.m., officers went to the 500 block of Sunnydale on a fight. When they arrived they found a victim with scratches on her arms. They arrested a suspect, who lives on the first block of Teddy, for battery and also found him in possession of prohibited ammunition. The suspect also was wanted on a warrant for drug paraphernalia and driving with a suspended license. At 5:15 p.m., officers went to the first block of Heritage where a suspect had beaten a victim and then was screaming and yelling outside the residence threatening to break the door down. The officers arrested the suspect for domestic violence and for violating a restraining order.

*On Apr. 12 at 8:47 a.m., officers responded on a domestic violence case on the first block of Brookdale where a boyfriend had beaten his girlfriend. The suspect was arrested for felony assault. At 11:35 a.m., officers stopped a vehicle at Sunnydale and Garrison for a license plate violation. The driver, who lives in BayPoint, was driving with a suspended license and had a warrant for his arrest for the same thing. His 1999 Chevrolet was towed. At 2:35 p.m. on the 100 block of Brookdale, a resident called the police as her sister, who has a history of drug use and theft, was attempting to break down her door. Officers arrived and arrested the suspect for malicious mischief. The suspect, who has no permanent local address, was wanted by the Merced County Sheriff for a warrant charging interfering with a police officer.

*On Apr. 13 at 11:15 p.m., officers went to a residence on the 400 block of Sawyer where a cohabitee had struck and pushed his girlfriend after a dispute regarding her alleged infidelity. The suspect was arrested for assault.

Police Summaries

*Mar 16: First block of Fratessa Ct., threats
*Mar 16: First block of Kellogg Ave., threats
*Mar 16: 500 block of Raymond Ave., embezzlement, fraud
*Mar 17: 249 a.m., First block of Brookdale Ave., robbery, gun, hit victim in face with gun, took wallet, cell phone.
*Mar 17: 100 block of Britton St., missing 15 year-old girl.
*Mar 17: 100 block of Brookdale Ave., threats, suspect known.
*Mar 17: 500 block of Leland Ave., breaking windows

*Mar 17: First block of Santos St., theft from locked vehicle

*Mar 17: 1652 Sunnydale Ave., found 1988 Honda
*Mar 17: 1700 Sunnydale Ave., stolen 1988 Honda
*Mar 18: 8 p.m., 1600 block of Sunnydale Ave., robbery, six suspects loitering in front of victim's residence, attack her, take purse
*Mar 18: 11:18 p.m., 900 block of Holyoke St., robbery, purse and contents, two suspects, victim fights with suspects, husband comes out of house and chases suspects away

*Mar 18: First block of Blythdale Ave., trespass
*Mar 18: Hahn St. and Leland Ave., found 1993 Ford

*Mar 19: 100 block of Britton St., false report of crime

*Mar 19: 100 block of Brookdale Ave., battery
*Mar 19: 300 block of Campbell Ave., dispute.
*Mar 19: 1800 block of Felton St., threats, domestic violence
*Mar 19: 100 block Leland Ave., found 42 year-old man

*Mar 19: Visitation Ave and Sawyer St., hit with tree branch, possible robbery attempt.

*Mar 20: 3:30 p.m., First block of Leland Ave., burglary, credit union, window, fax machines taken.
*Mar 20: First block of Garrison Ave., vandalism.
*Mar 20: 261 Hahn St., stolen 2002 Cadillac.
*Mar 20: 500 block of Leland Ave., found ammunition.

*Mar 20: 200 block of Schwenn St., malicious mischief

*Mar 20: 598 Wilde Ave., found 1991 Honda

*Mar 21: 1300 block of Bowdoin St., missing 16 year-old girl

*Mar 21: Cambridge and Bacon St., suspicious occurrence

*Mar 21: First block of Delta St., seven year-old left at school

*Mar 21: 1000 block of Girard St., child abandonment, four year-old boy

*Mar 21: 1600 block of Sunnydale Ave., mental detention

*Mar 22: 8:30 p.m., Wilde and San Bruno Aves., shooting, 15 year-old boy shot in thigh (probably self-inflicted).

*Mar 22: First block of Blythdale Ave., breaking windows

*Mar 22: First block of Brookdale Ave., suspicious occurrence

*Mar 22: First block of Fratessa Ct., threats, neighborhood dispute

*Mar 22: 100 block of Oneida St., weapon, school grounds

*Mar 23: 200 block of Raymond Ave., missing 16 year-old girl

*Mar 24: 12 noon-1:25 p.m., 1700 block of Sunnydale Ave., burglary, window, appliances, jewelry

*Mar 24: First block of Blythdale Ave., malicious mischief, domestic violence

*Mar 24: 900 block of Brussels St., domestic violence

*Mar 24: 154 Desmond St., found 2002 Cadillac

*Mar 24: Salzman and Oxford Sts., theft from locked vehicle

*Mar 24: 354 Velasco Ave., found 1992 Lexus

*Mar 24: Velasco Ave. and Calgary St., stolen license plate

*Mar 25: First block of Argonaut Ave., vandalism to vehicle

*Mar 25: First block of Blythdale Ave., detention and release

*Mar 25: 1700 block of Sunnydale Ave., family dispute

*Mar 26: 12 noon-4 p.m., 100 block of Blythdale Ave., burglary, back door, appliances

*Mar 26: 2:31 p.m., Geneva Ave. and Santos St., robbery, gun, cell phone taken

*Mar 26: First block of Delta St., sexual battery

*Mar 27: 200 block of Arleta Ave., breaking windows

*Mar 27: Delta and Arleta Ave., vandalism to vehicle

*Mar 27: 200 block of Oneida Ave., threats, possible firearm

*Mar 28: 400 block of Argonaut Ave., vandalism to vehicle

*Mar 28: 600 block of Sunnydale Ave., domestic violence, stayaway order

*Mar 29: 2011 Bayshore Blvd., stolen 2007 Nissan

*Mar 29: First block of Blythdale Ave., detention and release

*Mar 29: First block of Brookdale Ave., threats

*Mar 29: 116 Ordway St., found 1998 Lincoln

*Mar 29: 1600 block of Sunnydale Ave., assault

*Mar 29: Sunnydale Basketball Court, assault, six suspects strike 13 year-old boy

*Mar 30: 12:05 a.m., First block of Leland Ave., burglary, hole in wall, money and videos

*Mar 30: 12:30 a.m., 200 block of Schwenn St., robbery, strongarm, took cell phone

*Mar 30: 2400 block of Bayshore Blvd., stolen checks

*Mar 30: Geneva Ave. and Carter St., theft from locked vehicle

*Mar 30: San Bruno and Wilde Aves., battery

*Mar 30: 1500 block of Sunnydale Ave., two missing teenage girls

*Mar 31: Blythdale Ave and Santos St., stolen 2006 Pontiac

*Apr 1: 12:05 a.m., First block of Blythdale Ave., shots fired into residence

*Apr 1: 12:15 a.m., First block of Blythdale Ave., shot fired into window

*Apr 1: 11:36 p.m., 200 block of Blythdale Ave., burglary, window, DVD player

*Apr 1: 100 block of Harkness Ave., threats

*Apr 2: 11:14 p.m., First block of Leland Ave., burglary, store, window shattered

*Apr 2: 2400 block of Bayshore Blvd., vandalism

*Apr 3: 3:30 p.m., 200 block of Blythdale Ave., burglary, front window, appliances

*Apr 3: First block of Brookdale Ave., sexual battery

*Apr 3: 1835 Sunnydale Ave., stolen 1990 Jeep

*Apr 3: 111 Tucker Ave., found 1994 Dodge

*Apr 4: 7:20 a.m.-6:30 p.m., 3800 block of San Bruno Ave., burglary, front door, computer

*Apr 4: 4:50 p.m., Bayshore Blvd. and Raymond Ave., shooting, car pulls alongside victim's car, multiple shots fired, victim hit in thigh and arm

VISITACION VALLEY GRAPEVINE - MAY 2007 - 9

*Apr 4: First block of Blythdale Ave., theft, radio

*Apr 4: 1500 block of Sunnydale Ave., breaking windows

*Apr 4: 1834 Sunnydale Ave., found 1990 Jeep

*Apr 4: Sunnydale Ave. and Britton St., assault, suspect known

*Apr 5: 9 a.m.-8 p.m., 1600 block of Sunnydale Ave., burglary, window, appliances, money

*Apr 5: First block of Blythdale Ave., burglary, window, jewelry

*Apr 5: First block of Blythdale Ave., burglary, unlocked back door, computer

*Apr 5: First block of Garrison Ave., landlord/tenant dispute

*Apr 5: 50 Schwenn St., found 1983 Cadillac

*Apr 6: 11 a.m.-1 p.m., 1600 block of Sunnydale Ave., burglary, open window, computer

*Apr 6: 2011 Bayshore Blvd., found 2003 Ford

*Apr 6: 100 block of Britton St., vandalism to vehicle

*Apr 6: 1600 block of Sunnydale Ave., threats

*Apr 7: 1600 block of Geneva Ave., assault, brandishing a knife

*Apr 8: 1 a.m., 100 block of Ankeny St., robbery, home invasion, three suspects with guns and hoods, took money

*Apr 8: First block of Blythdale Ave., vehicle strip

*Apr 8: 100 block of Britton St., dispute, malicious mischief

*Apr 8: 200 block of Santos St., assault

*Apr 9: 1:05 p.m., 200 block of Oneida Ave., burglary, computer

*Apr 9: 17 Blythdale Ave., found 2000 Pontiac

*Apr 9: 100 block of Britton St., missing 13 year-old girl

*Apr 9: 200 block of Sawyer St., malicious mischief

*Apr 9: 1800 block of Sunnydale Ave., threats, dissuading a witness

*Apr 10: 200 block of Rey St., battery, suspect known

*Apr 10: 288 Rey St., stolen 1983 Toyota

*Apr 10: 1500 block of Sunnydale Ave., detention and release

*Apr 10: 1600 block of Sunnydale Ave., theft from locked vehicle

*Apr 10: 300 block of Wilde Ave., breaking windows

*Apr 11: 7:30 p.m., Lochr St. and Visitation Ave., robbery, beaten on nose, purses snatched

*Apr 11: 100 block of Britton St., missing 14 year-old girl

*Apr 11: First block of Brookdale Ave., threats

*Apr 11: 47 Brookdale Ave., found 2004 Toyota

*Apr 11: 500 block of Carter St., attempt to locate alleged suicide victim, no success

*Apr 11: First block of Santos St., theft, phone

*Apr 12: First block of Garrison Ave., vandalism

*Apr 13: 8 a.m.-7 p.m., 1500 block of Sunnydale Ave., burglary, open window, DVD, computer

*Apr 13: 10 a.m.-9:30 p.m., First block of Blythdale Ave., burglary, television

*Apr 13: 12 noon-2 p.m., 1700 block of Sunnydale Ave., burglary, window, money

*Apr 13: 200 block of Blythdale Ave., domestic violence

*Apr 13: 100 block of Cambridge St., check forgery

*Apr 13: 500 block of Carter St., stolen license plate

*Apr 13: 11 Garrison Ave., found 1989 Toyota

*Apr 13: 200 block of Leland Ave., battery

*Apr 13: 400 block of Wheeler Ave., fraud

*Apr 14: 7:21 a.m., San Bruno and Harkness Aves., robbery, force, purse taken, thrown to the ground

*Apr 14: 2:45 p.m., 1500 block of Sunnydale Ave., burglary, window, computers

*Apr 14: First block of Kellogg Ave., battery

*Apr 14: 400 block of Somerset St., missing 15 year-old boy

*Apr 15: 11 a.m.-2:30 p.m., 1500 block of Sunnydale Ave., burglary, window, DVD players

*Apr 15: 10:23 p.m., Rey St. and Towerside Ave., shooting, innocent victim, 15 year-old shot, non-life threatening

*Apr 15: 1700 block of Sunnydale Ave., found 12 year-old girl

An Easy Answer to A Glaring Problem

The sun's glare is one of the most overlooked dangers encountered while driving, particularly during the height of morning and evening commutes. But you can reduce that danger by taking a few simple steps:

*Make it a habit to lower visors to help block some of the reflected light.

*Avoid using high-gloss vinyl cleansers on dashboards.

*Keep the car windshield clean and the windshield washer fluid full.

*If possible, choose an alternate route to avoid one with extreme glare.

*Turn on headlights to counteract the possible poor visibility of oncoming drivers.

*Most importantly, wear sunglasses with 100 percent ultraviolet protection. Consider sunglasses with polarized lenses to reduce glare to ensure safe driving.

The Vision Council of America reminds drivers that this is a good time of year to schedule an eye exam to ensure that your eyes stay healthy and your prescription remains current.

For more information about vision and safe driving, visit www.checkyearly.com.

When the sun is high, grab those sunglasses before you go out. **NAPS**

Grapevine Puzzler

Historic California VI

S E N I A T N U O M G R U B Z T R A U Q
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Q S Y E L L I V R E N H O R A R E P D P

Panamint City	Ramsey Ransburg	Samoa San	Silver Lake
Petersburg	Rice	Andreas	Silver
Petrolia	Red	San Carlos	City
Picacho	Mountain	Sandspring	Silver
Pine City	Reilly	Sawmill	Mountain
Placerville	Reward	Flat	City
Plymouth	Riggs	Second	Siver
Potholes	Rohnerville	Garrotte	Queen
Providence	Rough	Shasta	Skidoo
Quartzburg	and Ready	Shingle	Slate
Quartzsburg	Ryan	Springs	Range
Rabbit	Sageland	Sierra	City
Springs	Salmon	City	Somersville
Ragtown	Falls	Sierraville	Sonora

Historic Proportions

1882

Match clues to answers.

1. British troops occupied this July 11.
2. Cyclone on June 6 in Arabian Sea caused flooding here that killed 100,000.
3. It became a British protectorate on Sept. 13.
4. First United States Labor Day parade was held here on Sept. 5.
5. Old West outlaw was shot in the back for \$5,000 reward on Apr. 3..
6. Germany, Austria-Hungary and Italy formed this on May 20..
7. Bacterium responsible for this discovered by Robert Koch on Mar. 24.
8. Last heavyweight boxing championship bareknuckle fight took place here on Feb. 7.
9. Outlawed by U.S. Congress Mar. 22.
10. He united his oil holdings on Jan.

As a Matter of Fact

"The words ketchup and catsup are both English equivalents of the Chinese word ke-tsiap, meaning taste."

"It's estimated that more than 71 gallons of water per minute pass over Victoria Falls in Africa."

"The average car loses 65 to 70 percent of its value during the first five years."

"The first English dictionary was prepared by Robert Crawford, a schoolmaster, in 1604."

Grapevine Five Years Ago

MAY 2002

"San Francisco Municipal Transportation Agency (MTA) on Mar. 19 awarded a construction contract for the first major segment of the Third Street Light Rail Project – Segment B – 4th and King streets to 3rd and 22nd streets – to Mitchell Engineering/Obayashi Corporation for \$19.9 Million."

"A retirement party was planned for Ms. Jennie Choy, an instructor in the San Francisco Unified School District for more than 30 years who had taught first grade at Visitation Valley Elementary School for the last 11 years."

Sump, the Gump



Poor Rix's Almanac

by Rix Quinn

What's the difference between a Recession and a Depression? – Student
Remember when you were in school? You'd go out to "recess," and when you came back to the classroom you'd be "depressed" because recess was over.

So...a Recession is when things look bad, but you're too busy playing to worry. A Depression is when a Recession looks good.

My husband left me to marry my sister. What should I do? – Sibling

No need to send a gift. You've already supplied Sis "something borrowed."

I sometimes forget where I put my car keys. How can I improve my memory? – Concerned

First, put your keys in the same place every time. Then, say to yourself, "Self, I left my keys on the desk." That is, unless you left them someplace else.

So, where did you leave them? And what was your question again?

My nose hair grows really fast, and I can't control it. Any suggestions? – Nostrildamus.

Don't do what my friend did! She had the nasal hair surgically replanted on her brows. But the problem is, whenever she sneezes, she covers her eyes.

Dear Poor Rix: Who came up with the idea to shake hands with someone? – Executive

Back in prehistoric times a villager would leave home to hunt for new food, new crops, or a prom date. If he saw somebody he didn't know – quite likely since most settlements contained 13 people and a goat – he'd pull out his knife.

The other person would do the same, and they'd start yelling insults like, "Your hair is poorly cut," or "You smell like a diseased jackal." (Note: Both these statements were true.)

After a few minutes trading insults, they'd put their knives away, and extend their weapon hands. After shaking, they might share a meal, tell crude Neanderthal jokes, and exchange business cards.

Today we know that the handshake is a critical ritual, ranking even higher than speed dating. Here are a few tips for better grips:

1. Extend your hand while smiling. When the other person extends his, do not pull yours away quickly and laugh.

2. Grip the person's hand moderately. Do not squeeze it hard, because (a) it might break, (b) the person could perceive you as aggressive, or (c) the person might be much stronger than you, and grind your fingers into bone fragments.

3. Conversely, a very weak handshake might be perceived as insincere. This shake is called a "dead fish," and is inappropriate unless somebody actually requests a fish.

4. Never try to turn the handshake into an arm lock.

5. Don't pump the person's hand more than twice. Pumping a person's hand more than five times is called

May Events at Visitation Valley Branch Library

Following are events in September at the Visitation Valley Branch Library:

*May 1, 8, 15, 22 and 29, Tuesday: Mother Goose on the Loose with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

*May 1, 15, 22 and 29, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*May 8, Tuesday: Juggling Show with Dana Smith and His Performing Dog, Lacy at 10:30 a.m. Space limited. Call (415) 355-2848 for reservations.

*May 9, Wednesday: Preschool Videos, featuring: How Do Dinosaurs Get Well Soon?, Madeline and There Was an Old Lady Who Swallowed a Fly for ages 3-5 at 10:30 a.m.

Visitation Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

"running for Congress."

Poor Rix: Which is larger, the moon or the sun? – Trivia Buff

Trying to trick Poor Rix again? The sun is 350 times larger than the moon. But the moon's closer, so it looks bigger.

Poor Rix would never look at the sun, because he's heard it can damage the eyes. That's why he wears sunglasses during the day. He also frequently wears a disguise, but that's another story.

However, Poor Rix loves to watch stars, and rarely misses a movie awards telecast.

Dear Poor Rix: What's the difference between a planet and a star? Amateur Astronomer

Planets are dark and solid, and often revolve around their own sun in a solar system.

A star is a bright ball of heated gas...a little like a politician.

Poor Rix: I plan to get married next month. How did wedding rings originate? – Groom

Poor Rix is glad you plan to get married next month. I hope your girlfriend plans the same thing. Humans have worn wedding bands for centuries. The have also hired wedding bands for receptions.

The oldest rings often displayed a handshake design. Later they showed a key symbol, which meant either "the key to my heart" or "what's mine is yours."

The earliest ring discovery goes back to 2800 B.C. We do not know if they're still married.

Dear Poor Rix: This is my first spring in my new apartment. My girlfriend dropped by last night, and said it's a mess! She says it's time for "spring cleaning." What's that? –

George

This annual ritual is older than athlete's foot. Even primitive tree dwellers cleaned their nests each April by sweeping away dead branches, poisonous snakes, and out-of-fashion animal skins.

George, here are a few suggestions to speed through this chore:

1. Wear old clothes, because cleaning can get dirty. (Antique clothes may be defined as "something older than a telegraph.")

2. To energize, play upbeat music. Poor Rix's favorite work songs include "My den is dirty but my mind is clean," and "The kitchen window's grimy and it's givin' me a pane."

3. Get rid of clutter, unless Clutter is the name of your gerbil. Remember that old poem: "A clean room leads to joy among us. A dirty room welcomes Mr. Fungus."

4. Prioritize your tasks by listing projects. Poor Rix's agenda includes (a) Discard insect collection currently in sock drawer. (b) Buy shower curtain to match shower cap. (c) Check behind couch cushions for coins, folding money, and unpaid bills.

5. Remove musty room smells by opening windows. (Poor Rix successfully removed a musty personal smell by using a product called "deodorant.")

Dear Poor Rix: What do you know about the best real estate buy ever made? – Land Owner

I suppose it would be Peter Minuet's 1636 purchase of Manhattan for \$24 plus some trinkets and beads. Coincidentally, Poor Rix spent the identical amount on his wife for our anniversary.

Poor Rix – who wrote the book "Words That Stick" – welcomes your questions to rixquinn@charter.net.

Grapevine Classified

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

*Getting nervous and upset

*Feeling sick on a regular basis

*Feeling like punching out something or someone

*Feeling like screaming

*Can't sleep

*Watching television all night

*Simply not in a happy frame of mind

*Problem making the right choices

If you are experiencing any of these symptoms, we need to talk with you. Visitation Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

GRAPEVINE DISPLAY ADVERTISING: new limited time rates: Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. Classified: 20 words for \$1. Extra line 50 cents. Ad and payments should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

WVCC BOARD MEETINGS: Visitation Valley Community Center (WVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 2nd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE 20TH ANNIVERSARY special issue with neighborhood history still available, mailed anywhere in U.S. for \$1. Send to Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

VOLUNTEERS WANTED for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, WVCC After School coordinator: (415) 585-2059.

Crossword Puzzle

Solution on Page 8

ACROSS

1 Sea (Fr.)

4 Amer. Standard Version (abbr.)

7 Inlet

10 Pledge

11 Social affair

12 Old-fashioned oath

14 Vega (2 words)

16 Concerning (2 words)

17 3 (Rom. numeral)

18 Pueblo Indian

20 Office of Economic Development (abbr.)

21 Feminine (abbr.)

22 Universe (pref.)

24 King of Athena

28 Plant slip

31 Wings

32 Twitch

34 In the past

35 Brain ridge

37 Hunting cry

39 Polish border river

41 Family member

42 Hawaiian fish

44 Tag

46 Uncle (Scott.)

49 Disease (pref.)

51 Immense

53 Joyous

54 Former cloth measure

55 Poultry

56 According to (2 words)

57 Female ruff

58 Guido's note (2 words)



DOWN

1 Gardener caste

2 Case or box (Fr.)

3 Fluidity unit

4 Endeavor

5 With

6 Seaweed

7 Portuguese coin

8 Shame

9 Rhine tributary

10 Fetid

13 Month (abbr.)

15 Orkney fisherman's

hut

19 Distress signal

21 Noted psychiatrist

23 Admonish

24 Insult

25 Eng. cathedral city

26 Orgy

27 Pose

29 Alas

30 New (pref.)

33 Grain beetle larva

36 Salt (Fr.)

38 New sugarcane shoot

40 Blacksnake

42 Angola (abbr.)

43 Nut

45 Tree stump

46 Ass or donkey (Ger.)

47 Polynesian spirit

48 Loop trains

50 Harem room

52 Pronoun

Visitacion Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-93DD.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2536 Bayshore Blvd., 239-5239
BROTHERS AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2560 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 160A Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451

CHURCHES
CHURCH OF THE VISITACION, 665 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.

CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5600

DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7835

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
JOANN'S FLOWERS, 21 Leland Ave.
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
CASALOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wide St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6866
TEDDY'S MARKET, 298 Teddy Ave.

HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236 Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-IN-1 LEARNING ACADEMY, 240 Leland Ave., 584-8556
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

MANUFACTURER
SEE'S CANDIES, INC., 345 Schwenn St.

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARINIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)

PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel), 2858 San Bruno Ave. 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE
JUSTYNAP TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910
LAFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
CATHY KUINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163

RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
BLUE HAWAIIAN BBQ, 107 Leland Ave.
PHO Y & G RESTAURANT, 73 Leland Ave., 469-5686
TWO JACKS, 167 Leland Ave., 337-0433

SCULPTOR
CARTORIGINALS (Mikal Carlor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marlene Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (VVBSST), 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVC), 50 Raymond Ave., 467-6400
VVC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave. 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 1099 Sunnydale Ave., 239-2866

TAVERN
THE CLUB HOUSE, 25 Blanken Ave.

TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Spend Your Tax Refund Wisely

by Jason Alderman

For many of us, the agony of filing taxes each April is partially offset by knowing that a few weeks later we'll get a nice refund from Uncle Sam (assuming you don't have to write him a check). Last year, nearly 70 percent of the nearly 123 million U.S. taxpayers received refunds averaging \$2,237.

But before you go out and blow your refund on a flat-panel TV, take a deep breath and consider a few ways you can put that money to better use:

***Pay off debt.** The smartest thing you can do with your refund is to pay down debt. If you carry a balance on your credit card from month to month, the interest can really add up over time. For example, by paying only the minimum amount due each month (assuming 4 percent) on a \$1,000 balance, it could take over seven years and cost more than \$500 in additional interest for a card with an 18 percent annual rate and that's only if you don't make any new purchases.

***Save for emergencies.** Experts recommend putting aside at least three to six months of living expenses in case you lose your job, incur unexpected medical expenses or experience other unplanned events. Consider stashing your refund in a high-yield money market savings account or a short-term CD. You can find accounts with competitive rates at www.bankrate.com.

***Save for retirement.** Put your refund in an Individual Retirement Account or your 401(k) plan (especially if it has matching contributions). Retirement may seem far off, but the sooner you start saving, the faster your account will grow. Some experts say for every five years you delay, you may need to double your monthly savings amount to achieve the same retirement income. *Practical Money Skills for*

Life, a free personal financial management site sponsored by Visa USA (www.practicalmoneyskills.com/401k), contains detailed retirement financial planning information, including tax ramifications and interactive online calculators for estimating your retirement needs.

***Save for Education.** Open a 529 Qualified State Tuition Plan, where you contribute to an account to fund a child's or grandchild's education. Account earnings are exempt from federal taxes when withdrawn if used for qualified expenses. Go to the U.S. Securities and Exchange Commissions Web site (www.sec.gov/investor/pubs/intro529.htm) to learn how 529 Plans work.

***Don't overpay taxes.** Your primary goal should be to pay your fair share of taxes throughout the year no more, no less. Ideally, the amount being withdrawn from your paycheck all year falls within a few dollars of your final tax bill. If you get hundreds or thousands of dollars in refunds that means you're basically giving the government an interest-free loan all year. Fill out a new W-4 form and recalculate how much is being deducted each pay period. Someone in your employer's benefits department should be able to help.

***Invest in yourself.** Consider spending part of your refund on something good for your health (like a gym membership) or your community (charitable contributions).

If you're intent on splurging, consider using at least a portion of your tax refund for one of these investments in your future. You worked hard for that money make it work hard for you too.

Jason Alderman directs the *Practical Money Skills for Life* program for Visa USA. To participate in a free, online Financial Literacy and Education Summit sponsored by the Federal Reserve Bank of Chicago and Visa USA, go to www.practicalmoneyskills.com/summit2007. As always, consult a financial professional regarding your particular situation.

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

First Series of
Interacting with Your
Child Through Games
and Activities
Thursday, May 10
5:30 - 7 p.m.

Free dinner, books and educational games.
Participants with children ages 0-5 encouraged.

First Series of
Parents' Support Group
Thursday, May 17
5:30 - 7:30 p.m.
Part I:
Teaching Parents the Difference
of Respect and Control

Free dinner and childcare!
Participants with children ages 0-5 encouraged.
Facilitated by Julia Carmen, *Before The After*

Every Wednesday

May 2, 9, 16, 23, and 30
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments



Child Passenger Safety Educational Workshop

Thursday, May 19
5:45 - 7:45 p.m.

at 450 Raymond Ave.
VV Beacon Center

Learn about the California laws and how to properly install a car/booster seat in your vehicle. Call 586-6998 or 586-6046 for more information.

May 2007 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral

Every Monday Through Friday
May 1 to 31, 9 a.m. - 5 p.m.

Four Weeks Parenting Class

Thursday, May 3, 10, 17 and 24
1:30 to 3 p.m. at 1099 Sunnydale Ave.

Parents Committee Meeting

Friday, May 4, 5:30 - 7 p.m.

Free Food Distribution

Every Monday, 3 - 4 p.m.
May 7, 14, 21 and 28

Emergency food box available anytime.

Call (415) 586-6998, Monday-Friday, 9 a.m.-5p.m.

Male Involvement Support Group

Thursday, May 24, 5:30 - 6:30 p.m.

Participants with children ages 0-5 encouraged.

Please call and confirm attendance.



161 Leland Avenue, San Francisco, CA 94134

Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net



**Cathy began looking at Visitation Valley real estate in 1949,
and she's been out in front of the competition ever since.**

Cathy has been the most successful REALTOR® in Visitation Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!



Cathy Kline Saunders
Broker Associate, REALTOR®
415.731.5000 ext 163

